

INTERNATIONAL

H&E

SUMMER QUARTERLY

No. 11 CAN. \$3.25 U.K. £1.00

14E 295
INTERNATIONAL
SUMMER
NUMBER
NATURIST

22
PAGES
at
\$1.25

HAVE FUN IN
YUGOSLAVIA

TANNING:
ALL YOU
NEED TO
KNOW

ROMANTIC
HAWAII

The MAN WHO MADE
A NUDIST DREAM
COME TRUE

See Our Special Natural Living Supplement!
plus: COUNTRY NATURISM in FRANCE

S.R. = 7

205-340

STAY FREE AND YOUTHFUL
WITH HEALTH & EFFICIENCY,
YOUR FAVOURITE MAGAZINE



Health & Efficiency

INTERNATIONAL NATURIST SUMMER QUARTERLY

CONTENTS

Page

NATURISM IN ROMANTIC HAWAII by Jane Barry	2
WHY TIRE YOURSELF OUT WEARING CLOTHES? by Janice	8
EVERYTHING YOU NEED TO KNOW ABOUT A TAN by Paula Baldwin	12
IT'S BASTILLE DAY! by Peter Dietrich	16
KOVERSADA FOR EVERYONE by Lance Ridgeway	18
SKIN-DIVING FOR NATURISTS by Richard Norton	22
NATURAL LIVING – OUR SPECIAL SUPPLEMENT	25
THE COUNTRY RESORTS OF FRANCE . . . Centre Pages	
HOLIDAY HIDE-OUTS IN HOLLAND by Gerry Leewes	44
SEPTEMBER IN PUNTA SKALA by Trevor Brown	48
HOLIDAY-PLANNING WITH SUNWAY – OUR TRAVEL SERVICE	52
DIVERSIONS IN THE DUNES by Michael Cox	54
CLUB DIRECTORY	56
AN ACT OF REAL COURAGE by Gerard van der Kroon	58
WALK GOOD IN JAMAICA by Tony Slimmer	62



Goodbye Old Friends

You will have noticed many changes in your Quarterly recently. And in this issue, as well as our regular travel supplement, is yet another – 'Natural Living'.

We want to bring you informative articles about your health, your welfare, and your pleasure in the naturist life. You will be getting quite spoilt with all the good things that we are offering you.

There's more about the 'Natural Living' concept on page 26. And as always, we'd be pleased to hear what you think about it.

Meanwhile, we'll continue to bring you the best in naturist travel and holiday leisure. We intend to bring you a surprise, and something new, every time you turn over a page.

And in keeping with all things bright, beautiful and new, there's to be a new editor too. Susan Mayfield, H & E's Assistant Editor, will take control of your Quarterly.

It is with mixed feelings that I leave you – although I will of course, continue to edit your favourite Monthly H & E. I would like to thank all readers for their past support. And I wish my successor good luck.

Murray Wren
H & E International

The 82nd Year of Continuous Publication

Health and Efficiency was established in 1900 and has incorporated Sunbathing Review, Vim and Sonnenfans. The magazine is entirely free of any connection with, and is not influenced by national associations, clubs or other organisations.

We publish news, views and reflections on the nudist scene. We look beyond the clubs to the evolving world where social nudity on the beaches and in our homes is affecting our modes, mores and morals. All are grist to our mill.

We believe in the cause of social nakedness and as such consider it our duty to promote its acceptance universally. Our propaganda both by word and picture is designed for total honesty of expression but at all times within the bounds of propriety. This magazine is entirely independent. The views expressed in literary contributions are not necessarily those of the Editor.

All characters are fictitious unless otherwise stated and there is no intended reference to persons either living or dead. This periodical is sold subject to the following conditions, namely, that it shall not, without the written consent of the publishers first given, be lent, resold, hired out or otherwise disposed of by way of trade, except at the full retail price and that it shall not be lent, resold, hired out or otherwise disposed of in a mutilated condition or in any unauthorised cover by way of trade or affixed to or as part of any publications or advertising, literary or pictorial matter whatsoever. All contributions including colour transparencies and photographs submitted to the Magazine are sent at the owner's risk and whilst every care is taken, neither the publishers nor its agents accept liability for loss or damage.

Published by Peenhill Ltd., Payne House, 23/24 Smithfield Street, London, EC1.

*Design and Editorial Production by Peenhill Ltd., Payne House, 23/24 Smithfield Street, London, EC1.
All correspondence should be sent to the above address. Printed in England under foreign licence. © World copyright reserved.*

NATURISM in ROMANTIC HAWAII

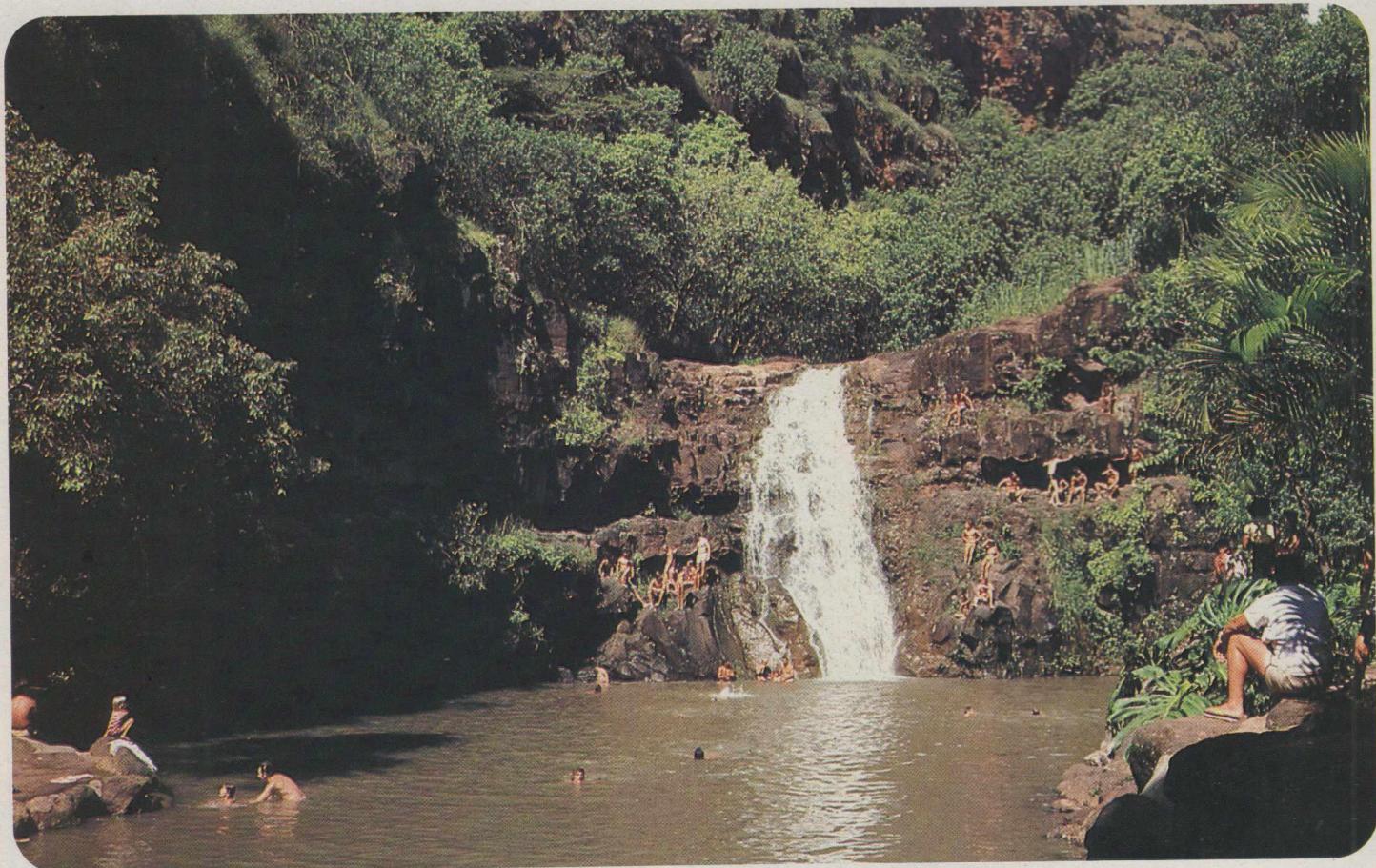


Is this why they call it 'romantic' Hawaii?

FOllowing the recent introduction of direct flights between Europe and Hawaii, naturists can now sample at reasonable cost and convenience the romantic wonders and local naturist opportunities of the Hawaiian Islands described by Mark Twain as - 'The loveliest fleet of islands that lies anchored in any ocean'.

A few months ago I had the opportunity of visiting Hawaii as the guest of Larry and Pru Beck, the proprietors of the Hawaii Nudist Park. Larry and Pru are an American couple who have settled in Hawaii. Larry was once a Hollywood and Broadway singing star. Many will remember his impromptu concerts of popular music given from the balcony of an apartment at Heliopolis, Cap D'Agde some years ago.

I flew to Hawaii by Northwest Orient Airlines taking their 747 Jumbo from London (Gatwick) to Minneapolis St. Paul, where I broke my journey for a few



If you get up early enough you can take your morning shower here nude.

Continuing her world wide tour of naturist vacation centres our roving reporter JANE BARRY has visited the newest nudist resort open to European sun-lovers – the romantic islands of HAWAII – a Group of sunkissed islands set like jewels in the blue water of the Pacific. The word HAWAII brings to mind visions of swaying hips, soft music and hibiscus flowers. Jane saw them all.



days to visit nearby Four Seasons Club at Toronto. Then I flew to Hawaii by North West Orient calling at Los Angeles. Arriving to the traditional Hawaiian welcome, complete with exotic flowers at Honolulu's International Airport, I was met by Larry and Pru who took me to their penthouse apartment at the top of one of the many luxurious high-rise apartment blocks which line the ocean front of Waikiki Beach.

The following morning we were up early and off to the grounds of the Hawaii Nudist Park, the only naturist resort in the Hawaiian Islands. Located at the northernmost tip of the principal island of Oahu the park contains over 100 hectares of land and has over one mile of sandy and rocky beach right on to the Pacific Ocean just 40 miles from busy downtown Honolulu and the tourist and resort areas of Waikiki Beach. The journey from downtown Honolulu to the Naturist Centre takes just over one hour by car.

**‘Hawaii is the land of
“Aloha” . . . which means hello,
goodbye, come again, and
I Love You.’**

At the Hawaii Nudist Park natural simplicity is the keynote. Don't go there expecting to find brash luxury with chrome everywhere and hot and cold running chambermaids . . . it's really back to nature.

The Park is equipped as a simple vacation centre for either day visits or for those who wish to stay. A small number of simple rustic cabins are available furnished with beds, linen, cooking gear and refrigerators. Although there is no electricity a nearby shower and toilet block provides full facilities for personal and domestic needs.

The Nudist Park includes a Snack Bar and Recreation Centre, Volleyball Courts, Kiddies' Playground, Hiking and Jogging Trails, Picnic Areas, Camping Areas and a Bird Sanctuary. Nearby there are shops, supermarkets, grocery stores and movie theatres.

The beach is ideal for snorkelling and scuba diving. There are masses of colourful coral and multitudes of fish of all kinds.

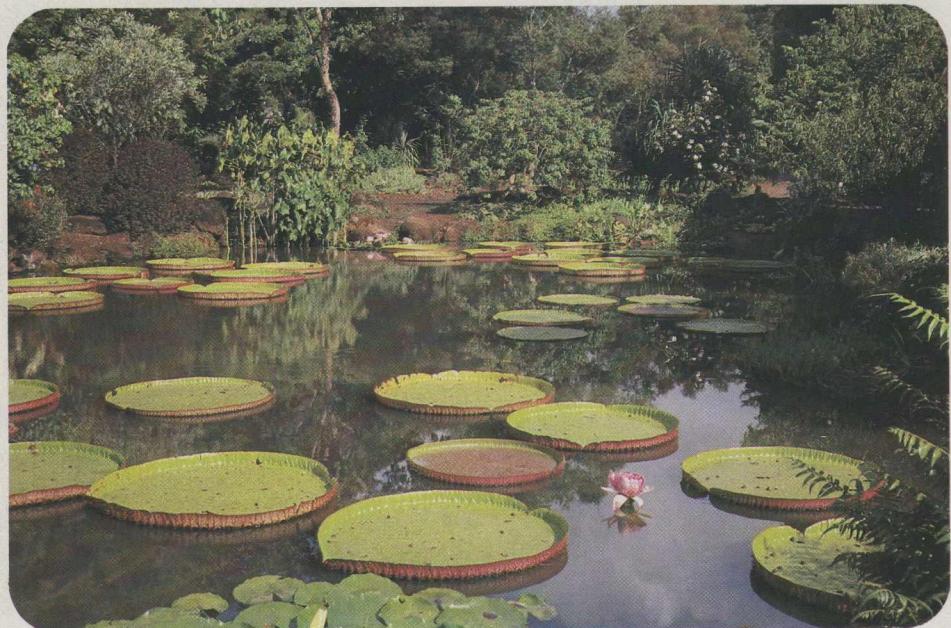
Admission to the Nudist Park is by a



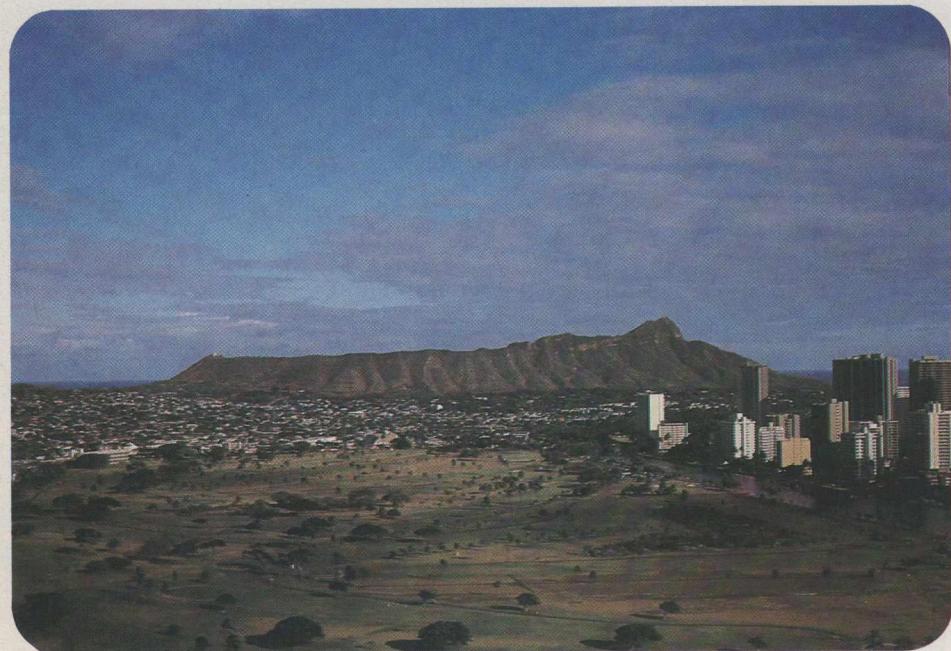
You are never far from the sea in Hawaii and locals make the most of it.



Wake up every morning to this view from your bedroom window.
In the foreground the golf course, in the distance the sea.



In Hawaii everything seems larger than life – even these lily pads.



This shows Diamond Head the most famous landmark in all Hawaii.
It dominates one end of the famous Waikiki Beach.

magnetic card giving automatic admission. Most visitors combine a visit to the Park with general sightseeing. At weekends the Snack Bar and other facilities are manned but not necessarily during the week. There is much too much to see in Hawaii to spend a vacation the whole time in the Park.

The grounds are located close to many well known tourist attractions including the Polynesian Cultural Centre, The Kahuku Sugar Mill, The Scared Falls, The Waimea Falls Park, and so on.

Hawaii is a special place. Beautiful scenery, marvellous sunsets, beautiful and warm people. Hawaii is a group of eight major islands, characterised by Mark Twain as 'the loveliest fleet of islands that lies anchored in any ocean'. Honolulu, Waikiki Beach and Pearl Harbour are household names on TV screens but just 20 minutes by air are the many lesser known islands, most of which can be visited by local air services.

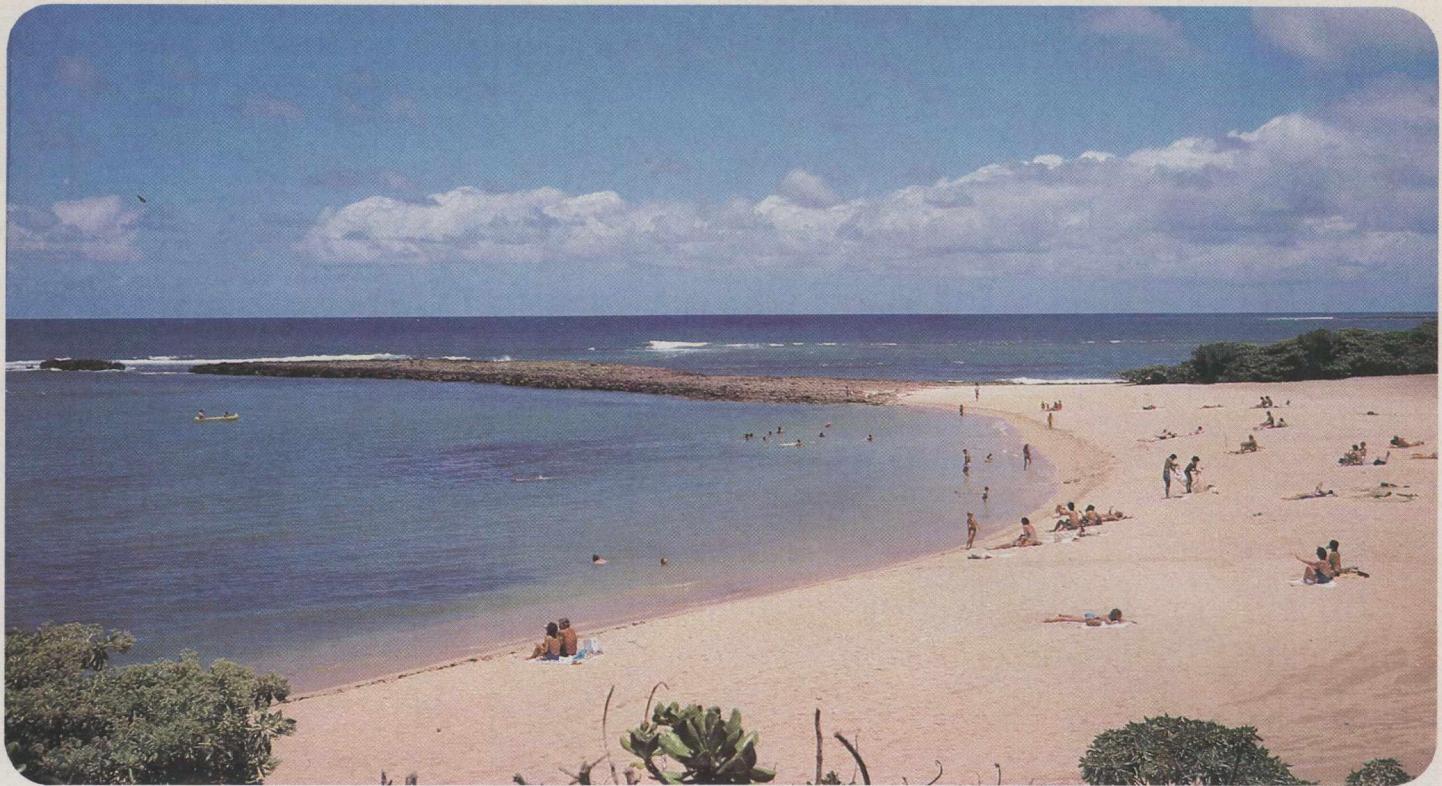
Hawaii is the land of 'Aloha', a lovely Hawaiian word which means 'hello', 'goodbye', 'come again', and 'I love you'. Hawaii is also the youngest state in the Union. It became one of the United States in 1959 after a somewhat unique history as a monarchy, a republic and a US territory and at one time had connections with the British Crown.

The principal beachside resort of Oahu is the famed Waikiki Beach, lined with towering luxury hotels and famed for its surfing, probably one of the most famous and exciting resorts of the world. Tours of the entire island can be arranged and detailed visits to most of the major tourist attractions and a wide range of excursions are available. English is the language – although it is often charmingly fractured into the Polyglot tongue called Pidgin and Hawaiian words often dot conversations.

Hawaii has many claims to fame. The Main island, Oahu, which, apart from the internationally famous attractions of Pearl Harbour, with its memories of World War II, has much for the tourist to see including **Diamond Head**, Hawaii's most famous landmark. It dominates one end of Waikiki and can be seen from most of the area. Properly named Leahi, Diamond Head is an extinct volcanic crater and beneath its 209 metre tip stands the coastguard lighthouse. Rock concerts and folk festivals are held inside the crater several times a year.

The **Polynesian Cultural Centre** on the north shore offers the opportunity to see displays of South Sea crafts and customs in authentically recreated villages of Samoa, Fiji, Tonga and Ancient Hawaii, spread across 6 hectares of landscaping and waterways. There are many special events throughout the day and evening.

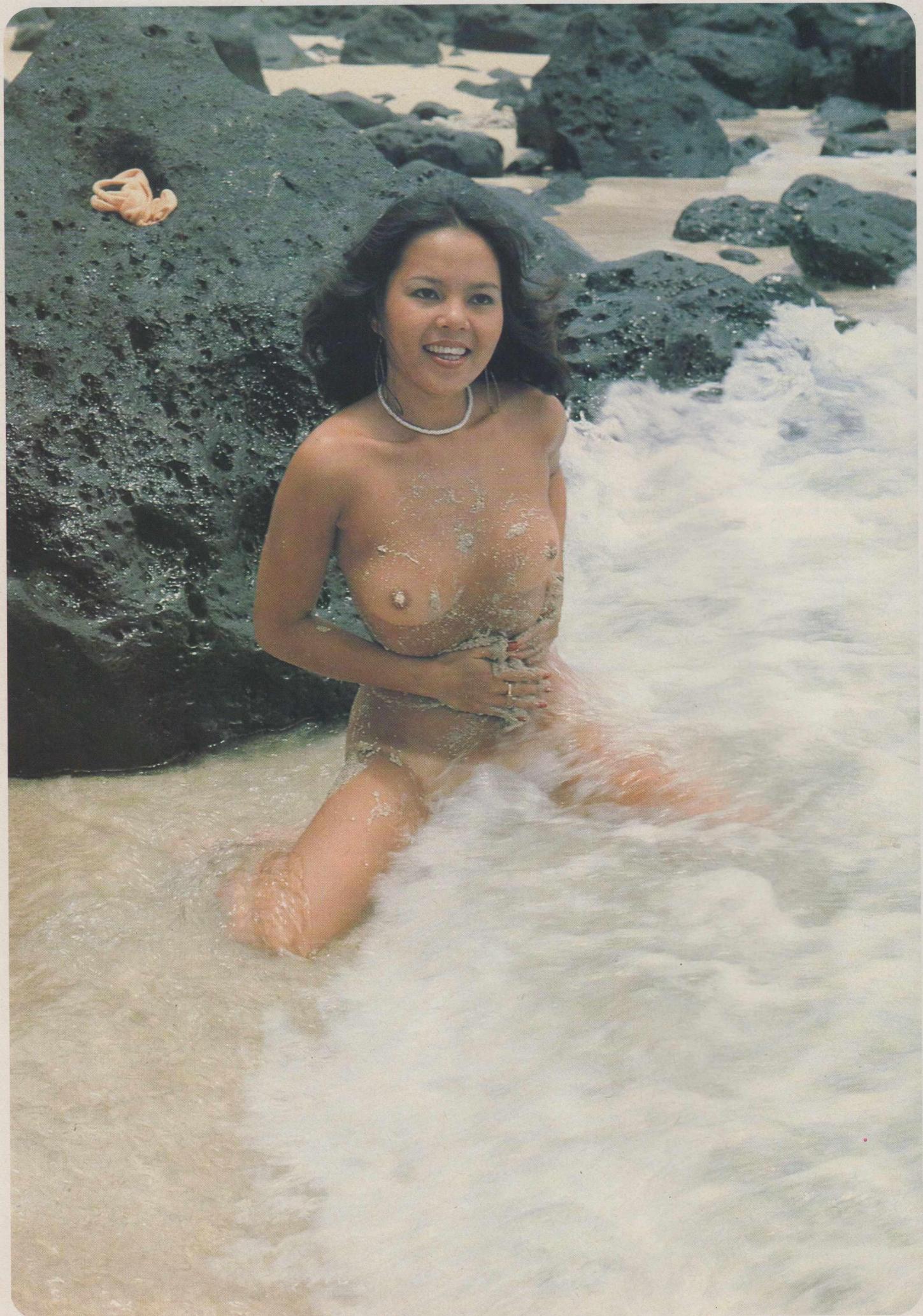
Sealife Park at Makapw Point. Set between sheer cliffs and the sea, is this 25 hectares Marine Park with diversified attractions including a huge tank filled with sharks, moray eels and 2,000 other sea creatures. The Waimea Falls Park on the North Shore offers nature lovers the unspoiled beauty of this 728 hectares valley. Waikiki Beach is considered the entertainment capital of the Pacific and



Looking for the perfect beach? Look no further – this is what you will get in Hawaii.



Of course, if you have lived in Hawaii all your life, you get used to everyone looking.



The shops in Hawaii sell salt water soap. So who needs an hotel room?

offers everything from flashy Polynesian shows to restaurants, discos, etc.

The best way to see Hawaii is to take a package tour including an hotel and rental car.

A vacation in Hawaii offers many fascinating stop-over possibilities including a few days in Las Vegas or a week on the West Coast of the USA. Why not try a two centre holiday? – One week in Los Angeles visiting Glen Eden or the Treetops Fun Ranch with a side trip to Las Vegas and then a week in Hawaii?

A rental car is a necessity for getting around but they are cheap to rent and driving is easy.

'The loveliest fleet of islands that lies anchored in any ocean.'

Mark Twain on Hawaii.

The Pacific weather is warm and comfortable throughout the year, and lightweight casual clothing is the order of the day.

As the world shrinks and as aircraft get larger and quicker there has never been better opportunities to see new places. Hawaii can be a dream come true for many Europeans and I can recommend it as paradise on earth.

All visitors to the Hawaii Nudist Park can expect a very warm welcome from Larry and Pru.

For further information contact **Eden Holidays, Planet Travel Ltd., 108 Kilburn Square, London NW6 6PS. Tel. 01-328-8501** or Europe **Obona Reisen, Obona - FKK - Urlaub, GmbH & Co, KG, 6350 Bad Nauheim.**



A small number of rustic cabins are available furnished with beds, linen, cooking gear and refrigerators.



The park contains over 100 hectares of land and has over one mile of sandy beach right on the Pacific Ocean.



INTERNATIONAL
SUMMER
NUMBER
NATURIST

WHY TIRE YOURSELF OUT WEARING CLOTHES?

What a wonderful feeling it is to fling your body about on a beach, doing your exercises in the sweet fresh air, unencumbered by clothes! It's only when you get rid of that terribly restricted feeling that you realise how inhibiting your clothes are – not to mention heavy. So it's not that Janice, pictured on these pages, is pro-naturism exactly; it's just that she's anti-clothes!





I WENT on a naturist holiday recently. And the first question I was asked by a fellow naturist was; 'When did you become converted to naturism?'

Now, I don't think naturism is a religion! But I thought back to when the naturist urge first overcame me. It was when I was running for a train. That's right – running for a train.

It was a cold, misty morning in early spring. I work in the city and went off to work wearing my leather boots, leather jacket, a polo-necked jumper and a long woolly scarf. I was also carrying a handbag and a briefcase.

During the day the mist cleared and the sun came out. But I couldn't sit and look out of the office window because I had lots of work to do. Before I knew it, it was five o'clock. I had to fling my coat on, grab my bags and run for the train.

I hate getting home late. So it was worthwhile making an effort to catch the train, they only run every half hour. So I ran and ran. And within a minute started to feel terrible.

I was so hot I felt weak. Inside my clothes it was like a Turkish bath. I struggled to get my coat off as I ran. Then I thought, why bother? I'll only have to carry it as I go along and it will still be as heavy.

I caught the train – you'll be pleased to hear after all this drama! It was crowded. I had to stand between two seats.

My feet were aching in those fur-lined boots. My chest was heaving and my breath coming in gasps. And the perspiration was running down the sides of my body.

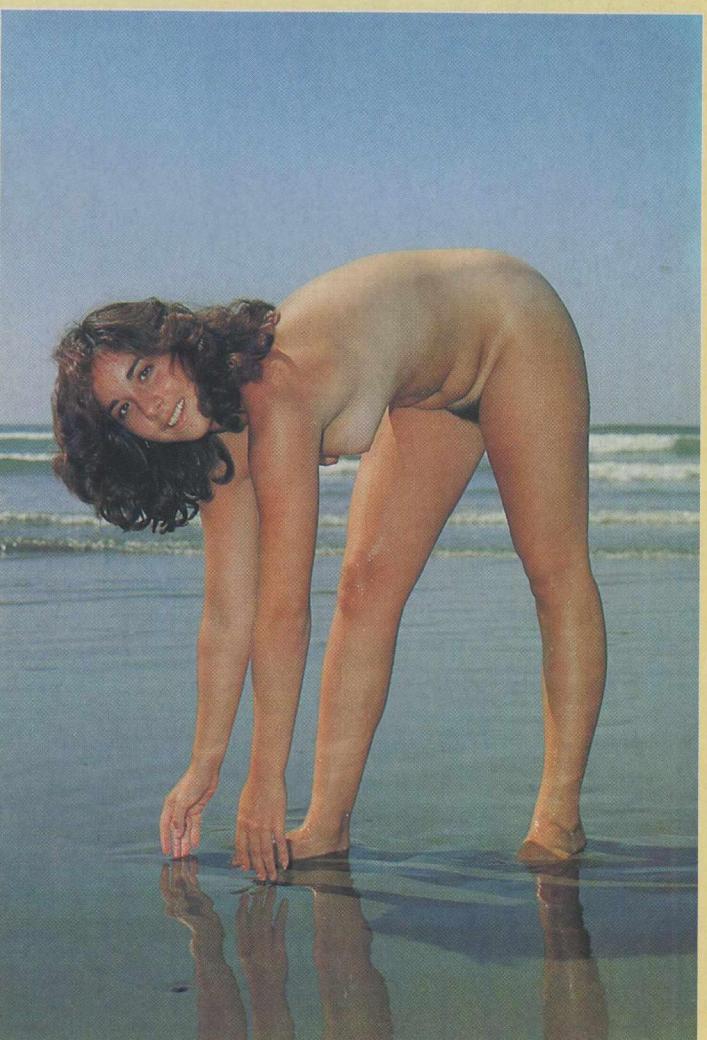
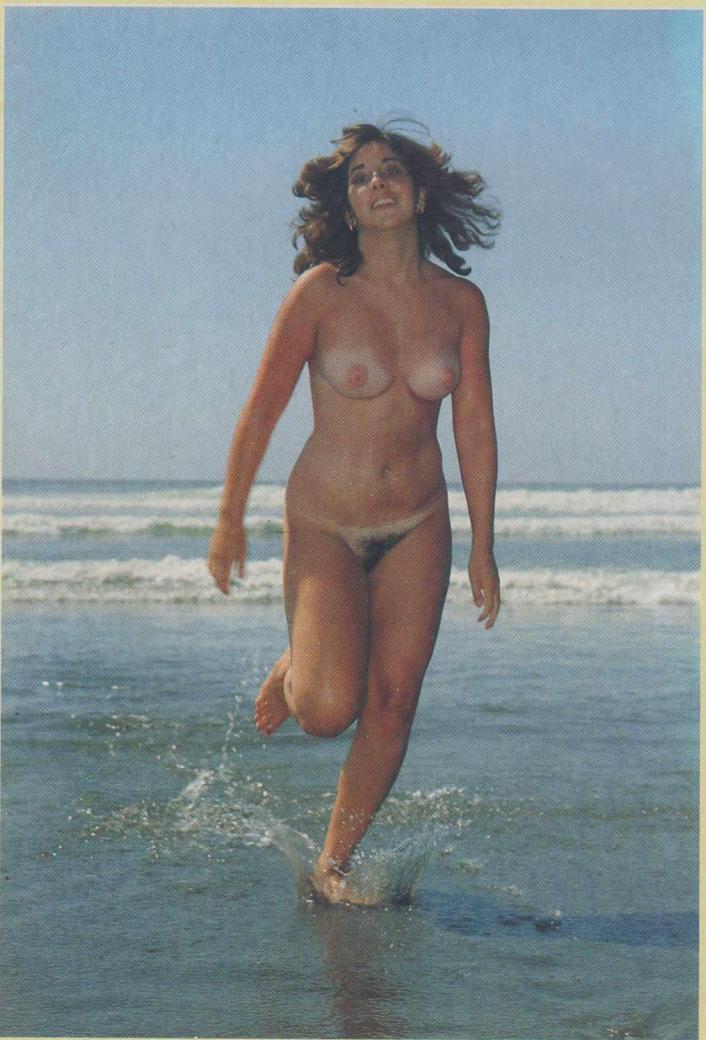
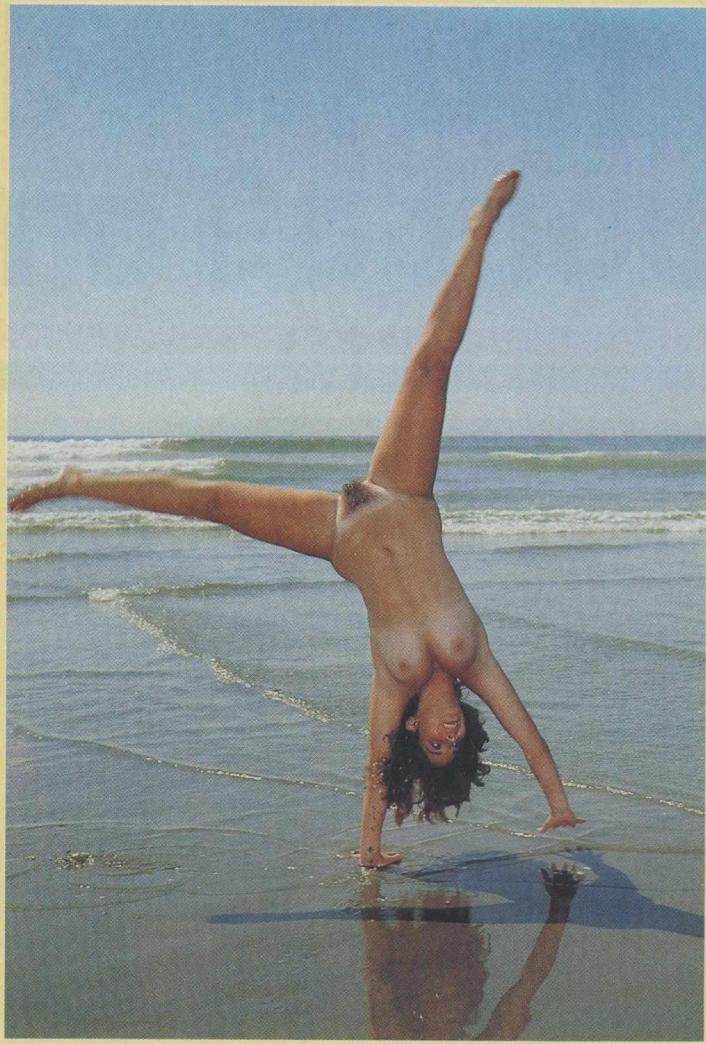
When I got home I took off all my clothes. Then I put boots, leather jacket and woolly jumper in a pile on the bathroom scales. Balanced precariously on top went my briefcase of business papers.

They weighed over seven kilos.

One of the strongest arguments put forward for slimming is; why carry extra weight when you don't need to?

I'll ask another question. Why do pregnant ladies get so tired? Because they have to carry extra weight round with them, all day, every day, shopping, walking up stairs – and running for trains.

But there's not much they can do about it. We, though, have got a choice in what we decide to wear. Or not.



Everything You Need to Know About a Tan



These visitors at the naturist resort of Agde in the south of France know all there is to know about getting a tan.

There's more to it than avoiding sun-burn! Because men as well as women, want to keep their skins supple and young-looking for that sophisticated yet healthy look. So how do you go about getting a tan as effectively, and safely as possible? Paula Baldwin tells you all you need to know – and delves into that forest of products on the chemists' shelves so you know exactly what to ask for – and why. Happy sunning!



To be a naturist, you don't have to be a sun-worshipper though one of the many pleasures of baring all in the great outdoors is feeling the warmth of the sun enveloping your naked flesh on a lovely summer day.

Although it may be a purely psychological reaction, you get a feeling of well-being and convince yourself that the sun gets to parts even the much advertised lager can't get to!

And who doesn't feel more attractive when they know their body is golden bronze rather than anaemic pink? A suntan makes a man feel more virile and a woman more sensual.

Sounds like the best invention since sliced bread, doesn't it? But leading dermatologists and scientists see it differently.

One expert who is tied to the cosmetic industry has performed the ultimate experiment into the ageing effects of the sun – he has been his own guinea pig!

Dr. Gustav Erlemann is Scientific Director of the research department of Pantene Ltd., a subsidiary of F. Hoffmann-La Roche Ltd., the company which pioneered the development of the system of protective factors in sun-screen preparation.

Dr. Erlemann, who is based in Basle in Switzerland, is one of the leading specialists in Europe in hair and skincare. He has had a number of papers published in the Cosmetic Chemistry press. But though he is obviously a fund of knowledge, little of it can be more impressive than the results of his experiment on his own hands.

For the past fifteen years, Dr. Erlemann has applied a sunscreen product to one hand every day but not the other. The protected hand is now soft, smooth and unmarked. The other hand bears all the ageing signs of a man in his later years – thicker skin texture, wrinkling and marked 'liver' spots on the back of the hand. The hands look as though each one belongs to a different person!

Research into the effects of the sun's rays on we frail human creatures in recent years has led to international warnings about the danger we face from the sun. And the cosmetic industry has responded by introducing make-up products that block out the harmful effects of the sun.

Eminent dermatologists are pronouncing on these products. In Canada,

Dr. Colin Ramsey, at the University of Toronto, says the answer to avoiding the ageing effects of the sun is simple. 'Stay out of the sun! But,' he adds, 'Fashion dictates that a tan is beautiful. Sunscreens certainly help to protect the skin if they are used regularly.'

The signs of ageing of the skin are well-known – dryness, thinning, wrinkling and loss of elasticity. But what makes Dr. Ramsey think ageing is due to the sun and not the passage of time?

'This can be easily demonstrated by examining different areas of the skin of the same person,' he says. 'A fair-skinned person who has all the signs of ageing on the face and hands will have buttock skin which is uniformly pale, smooth and free from wrinkles.'

Dr. William Frain-Bell, the head of the University Department of Dermatology at Dundee, has spent much time studying the effects of the sun on the skin. He re-creates ultra-violet rays and notes the reactions of the patient's skin to selected rays.

'Who doesn't feel more attractive when they know their body is golden bronze ...'

'It is only in comparatively recent times that equipment has been available which is capable of providing selected wavebands, the energy of which can be accurately measured,' he says.

'Phototesting techniques are therefore now able to provide accurate information as to the wavelength responsible for the reaction of the skin and this knowledge can be applied to the selection of appropriate light-screening preparations. This is important since individuals require different degrees of protection to allow their own protective mechanisms to develop progressively with increased sunshine exposure.'

In other words, the sun-screens protect you from the sun's rays until you can protect yourself!

All the dermatologists are independent of the cosmetic industry, and all agree on the benefits of sun-screening products. So all is not lost for the naturist! But which products should you buy?

Men in general hate shopping and when it's forced upon them through sheer necessity, they like to walk in knowing exactly what they want to buy

so that they need spend as little time as possible doing what women love to do – browsing around the shelves and counters.

When it comes to buying sun preparations, however, that's often easier said than done. What happens is that you walk into a local chemist shop and whether it's large or small, you always seem to find yourself faced with an unending barrage of sun products, bearing different labels, different codings, different brand names – where on earth do you start?

For goodness sake, all you want is something to stop the sun scorching you and you are faced with what seems like hundreds of bottles to choose from!

Here's my advice – first of all sort out exactly what your problem is? How sensitive you are to the sun and whether some parts of your body suffer worse than others – you may need more than one product to deal with different parts of your anatomy.

The colour of your skin is a guide to your sensitivity to ultra-violet rays (the ones which tan or burn you). The fairer your skin, the more sensitive you're likely to be.

Colour of eyes is important too. People with blue or pale green eyes are more sensitive than people with dark eyes generally.

People who have red hair and freckles, what we call the Celtic types, are usually the most sensitive.

But basically, you don't need to look at what colour eyes you have to know whether the sun burns you – experience has usually taught you that, unfortunately.

So how do you choose a product to give you the protection you need? First you need to accept that most suntan preparations are sunscreens – their job is to absorb and screen out ultra-violet rays.

Don't make the mistake of thinking that sunscreens help you to tan – only the sunlight can actually do the tanning. Sunscreens ensure that it is done safely.

What you need to decide first is whether you want to buy an oil, a cream, a lotion or a fluffy mousse? It's not simply a matter of deciding which you like the feel of on your skin. Generally, sun oils contain the lowest degree of protection and are therefore best suited to the person who has little problem



Rub well in, but first make sure you have the right oil.
Some cheats have been known to fill the bottle with alcohol.

with the sun.

Creams, gels and lotions are more a matter of personal choice and the mousse preparations, though less prominent on the suntan market, are generally for the more sensitive.

But what about all these numbers you keep seeing on the preparations? Phrases like Protection Factor 3, 4, 5 and so on? What does it all mean?

Quite simply, manufacturers grade the amount of protection a product gives and the higher the number, the more protection you will get.

The only problem from your point of view as the customer is that the system is not standardised and each manufacturer works out their own numbering code.

How it generally works out, however, is that if, say, you know your skin will burn if you lie in the sun completely unprotected for half an hour, then a sunscreen with a Protection Factor of 4 will protect you for four times as long. That means you will be protected for four times that half an hour - two hours.

Before you make the decision, however, do consider the way your skin looks at present. If you have had absolutely no sun on it for some time, you may need a fairly high protection. If, however, you have light tan and are going to a hot climate, then you may need moderate protection.

If you are already heavily-tanned and are going to somewhere where the climate is temperate, then you may simply need a moisturiser which contains a light sunscreen.

Fortunately, most sunscreens also tell you on the label not only the Protection Factor number but also what type of skin it is suitable for.

But there's so many to choose from? Which brand shall I buy? My advice is to ignore the brand names and decide how much you want to pay.

'Fashion dictates that a tan is beautiful.'

In April, 1979, Which? the consumers' magazine tested 38 sunscreens in varying price ranges and found that all of them gave substantial protection.

In fact, providing you use the product correctly (i.e. the right number of times and liberally enough), it will work for you.

The sunscreen product for general body use may not solve all your problems, however. You may find that although you have little trouble getting a nice healthy tan on your arms, back, legs and face, your nose, upper chest, back of hands, penis, knees and feet may burn - all or any of them!

So what do you do? You find another sunscreen which will give the added protection those areas need. A product with a high protection factor will generally do the trick but you can in fact, block the sun ray's completely out if necessary. Say you have already burned and peeled and your nose or whatever is feeling particularly delicate.

Then you look for a Sun Block product. These can be sticks or cremes. They will

stop the sun reaching the parts you cover but the only problem is that because they generally contain substances like zinc oxide or titanium dioxide to reflect the sunrays, they show up white on your skin and can look a bit odd. If, however, you've reached the stage where you *must* block out the rays, then comfort will just have to come before appearances!

One piece of good news for the naturalist, who so often finds his holiday choices are close to the beach or at least with a swimming pool not far away, is that one company has brought into Europe a range of water resistant products.

The problem in the past has been that if you wanted to go for a swim, once you have been into the water and dried yourself off, you need to reapply for sunscreen. OK, that can provide lots of fun if you're smoothing creams on each other, but for the chap who wants to concentrate on his suntan, it can be a bit of a bind.

Roche Laboratories, who make the

Eversun range of products, have brought to Europe their Aquasun range, which, they claim, is already the most popular suntan product in Australia where watersports abound.

With the water resistant product, you simply need to apply it half an hour before you go out into the sun and because it not only acts on the surface of the skin but beneath it, it will protect the whole day through.

The same range, which has factors to suit all types of skin sensitivity, now has a lip protection stick, just on the market. This, the company say, is ideal for the extra delicate parts including the penis.

Another big name in the cosmetic market, Revlon, are claiming that their latest range on sun products, which sells under the Ultima II label, are not only water resistant but also *waterproof* to give the ultimate in protection for watersports fans.

Whether any or all of these products work for you depend, however, very much on you yourself and how you use them. It's no good quickly smoothing on

a thin layer, missing out patches here and there and then banishing the thought from your mind for the rest of the day.

Your activities, if they result in the creams being rubbed off, will leave you unprotected.

There is also another three types of sun products which you will come across in the shops.

There's the fake tan, which will produce the effect of a tan without going out in the sun. Let's face it, you may not want yours to be the only pink bottom on the beach the first day out but if you can suffer it, wear a good sunscreen and within a day or two, yours will be as brown as the next chaps!

Fake tans generally give no sunscreen protection so you could go out there looking brown but could find yourself lobster-coloured by teatime! And they do tend to stain any clothes you might wear.

There are combined fake tans and sunscreens for as *Which?* magazine said, you do need to apply sunscreens liberally and often but the more you apply these creams, the darker the fake tan will become too!

You can buy tan accelerators but opinion of whether or not they could be harmful seems a little undecided at present. Besides sunscreens, they also contain substances which temporarily increase the skin's sensitivity to some ultra-violet wavelengths with the aim of speeding up the tanning process. Bergamot is an example. There has been rumblings of burning resulting and even the eternal threat of cancer so perhaps the best idea is to avoid them and let your tanning take its natural course.

The final stage in your suntanning is to make sure that you keep your tan as long as possible. How many times do you come home from holiday and watch your tan disappear down the plughole within days as you seem to wash it off in the bath! And a good brisk rub with a rough towel reveals once again a new pink you underneath!

'People who have red hair... Celtic types are the most sensitive.'

After sun products – or *apres sol* as they are often termed – are designed to help you keep your tan by moisturising the skin and preserving the visible layer of tanned skin.

Whilst they are usually beautifully rich lotions, you don't actually have to buy a moisturiser labelled for after sun use. Any moisture lotion, body lotion – even baby lotion – will do the job, providing you smooth plenty on regularly. And go steady with the towelling.

So there you are – out of all those shelves full of stuff, all you really need is one sunscreen with a protection factor to suit you, perhaps an extra screen for delicate parts, an after sun lotion to make the tan last and a bottle of calamine lotion for any friends of yours who are not as careful as you and who do actually burn themselves!



Modern science and knowledge has made it possible to manufacture products which screen out the damage the sun can do to sensitive skins.

IT'S BASTILLE DAY!

July 14th. at Chadelalar



'Hey, you on the left, hurry up with that towel, someone's going to need it!'

As most visitors will know who have passed a July 14th in France, this day is a very special day for the French. All over France, the people fête this day of remembrance in honour of the Bastille, and the world of the naturist is often included in these festivities. The naturist holiday-centre, 'Le Haut Chadelalar', perched in the Alps eighty kilometres behind Nice, is no exception. Every year this one day remains the highlight of the season; and anyone lucky enough to participate does not forget quickly the hectic joys of this day.

Long days of preparation are passed in anticipation, and the responsibles do their best to achieve a balance that will include all the holiday-makers, both young and old, and of all nationalities, as the clientele of this centre come from many different parts of the globe.

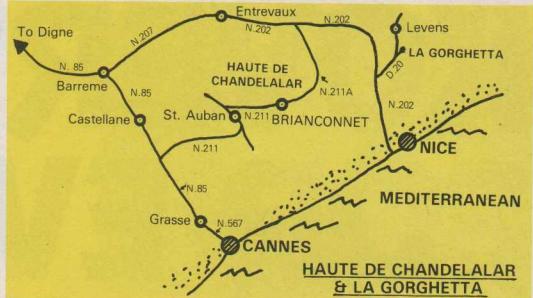
Of course, as everywhere, the real kings of the day are the many children, since this centre is based very much on the family-aspect, although the grown-ups are not overlooked in the festivities.

The fun begins shortly after lunch, in



'You see kids, this is how to do it – but you're supposed to use your mouth!'

Le Haut Chadelalar is one of our newer holiday resorts. Situated high in the mountains it provides a wonderful contrast to the overcrowded mediterranean beaches only 80 kilometres away. Peter Dietrich was there for their celebrations on July 14th.



the blazing sun of the South of France, which rarely misses this rendezvous. Organised games unroll in a clearing under the many pine-trees that make this wooded site so attractive. Children and adults all join in these mostly comical competitions, and everyone is given the opportunity to participate.

After these events, a big transfer takes place to the large swimming-pool, where the clear mountain-water waits, heated perfectly by the sun during these glorious summer days. Here, more serious events take place, as well as one or two comical games for the youngsters and the young in heart.

When everyone is well cooled-off, the 'surprise' of the day is revealed: A mas-de-cocagne, a typically French game that is a part of the July 14th tradition. Perched at the top of a very straight pole is a wheel, with attractive 'goodies' attached. But not only is the pole very straight and highly-polished, it is also coated with a liquid soap. You can imagine the effect, and the efforts to reach the prizes. But eventually it is stripped of all its goods, and the evening calm descends over the site. Here, a pause is made for dinner.

Evening contentment

The evening is passed in the new 'salle', where a log-fire burns in the large fireplace as the cool of the mountain-night approaches. A 'Festival of Poetry' unfolds, and the holiday-makers read their efforts at the noble art to an appreciative audience. Translations are offered in all languages, a fact that often adds to the amusement. The prizes are then awarded, and everyone wins, to prove once more that the most important thing is to participate. The evening ends with singing around the fire, and the general contentment of a day well-filled and well-passed with games, music and companionship.

It is late when the silence finally takes over, and everyone goes off to think about this day gone by, and the days still to come, crowded with so many activities in these mountains that survey the centre in all their grandeur. For if July 14th is a day to be feted, then so is every day passed in such wonderful surroundings. The sun, the forest and the mountains, and the huge family of a naturist holiday-centre. And isn't that perhaps the true spirit of naturism? It is hard to believe otherwise, looking back now from my winter-window.



Being up the pole at Chadelalar has its compensations especially if you can reach to the top.

KOVERSADA FOR EVERYONE



WE came from Zelena Laguna. A mini-bus full of us. And right now we were looking anxiously for our passes to the Koversada Naturist resort.

This was the H & E holiday party. Our passes to Koversada and other resorts had been kindly provided by the Yugotours representative.

But we needn't have worried. The bus driver, well used to the drill, held up as many cards as could be found and with a cheerful wave we sped through the gates.

Let's pause. Koversada is situated on the north side of the Lim Kanal. It is approached from the north by a coast road running most of the way from Porec. The nearest town is the fascinating old fishing village of Vsar. This town strides across the top of a hill—safe no doubt from the wandering brigands of the middle ages.

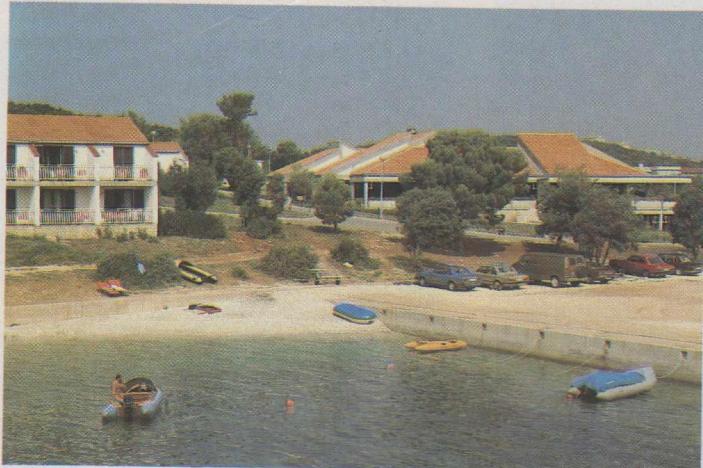
Below it and on the flat lands beside the sea lies not only the nudist resort of Koversada, but also the Hotels known as Pinetta and Anita. And in this article I want to pause awhile to talk about these places because always in the past articles about Koversada have missed them out.

‘... travellers ... who find themselves for the first time in a nudist resort.’

This is unfortunate because an almost unique feature of Koversada is that they will admit anyone. You don't need to have a naturist pass, and you don't need even to be a naturist. So what better opportunity to see if you could enjoy the naturist way of life than to stay at a textile hotel right beside Koversada and pay day visits?

Again many of our readers come to naturism for the first time through the pages of *Health & Efficiency*. Many of them are anxious to try out nudism without any fuss or any commitment. They can do just this by staying at an hotel near a naturist free beach of course. We have described how this is possible at Porec in Yugoslavia. But free beaches do not always give a complete idea of what is to be gained. Only the developed naturist resort such as, for instance,

Many readers of this magazine would like to sample naturism but are put off by all the formalities of joining a club. They want to try it out first, with no fuss or bother. The famous Koversada in Yugoslavia makes this perfectly possible. Here Lance Ridgeway tells you how.



Here we are near the entrance to the resort with the restaurant and supermarket on the right and rented accommodation on the left.



Right beside the resort you will find this delightful town known as Vrsar. Don't forget to try the famous fish restaurant here.



Here are some of the H & E leisure group who visited Koversada last year enjoying their day in the sun.



Here an INF conference was held. But before Koversada existed a refugee princess lived and died here.



A long shot from one end of the Koversada resort. Not many campers reach as far as this, but when they do they will discover one of the best restaurants. This picture was taken from its balcony.



At the opposite end of the camp to where the picture number 5 was taken, you will find this cement rendered sunning spot right in front of the accommodation known as Petalon.



She would have been wiser to take some shoes – the rocks can be sharp and in places difficult to clamber around.

Koversada can do that.

Now if you stay in the Anita Hotel at Vrsar, you are right beside the biggest naturist auto-camp in Europe. Tens of thousands of naturists holiday there every year. It has been estimated that no fewer than a quarter of a million pass through its gates every summer. Koversada I mean, not Anita. For this hotel is relatively modest. Its accommodation is mostly in independent apartments. Dining and other facilities are at the centre. It is perched right on the water's edge.

Many years ago Anita was the only place you could stay right next to the famous island of Koversada. In those days you would take a boat to the Island from the nearby jetty. And of course that is still possible. Many who take their own inflatable boats sail from the little harbour at Anita itself to Koversada Island for a day out. Anyone can land on the Island – there are no restrictions.

The second Hotel that provides similar facilities is the Pinetta. This sits on top of the hill overlooking Anita. In the old days this used to be a camping annexe of Anita's. Pinetta is away from the water's edge, but what it loses it gains in panoramic views. Stay here and you gain much the same advantages as at the

Anita.

In either case you can go through the main gate into the mainland based part of the nudist resort. They will make a small charge.

For the seasoned nudist, one who would prefer to stay in a naturist ambience all the time, the group of apartments known as Petalon provides an ideal answer. Interestingly the Yugotours bus which runs from Pula airport and discharges its passengers at various hotels along the route calls into the nudist resort to deposit those who have booked in at Petalon.

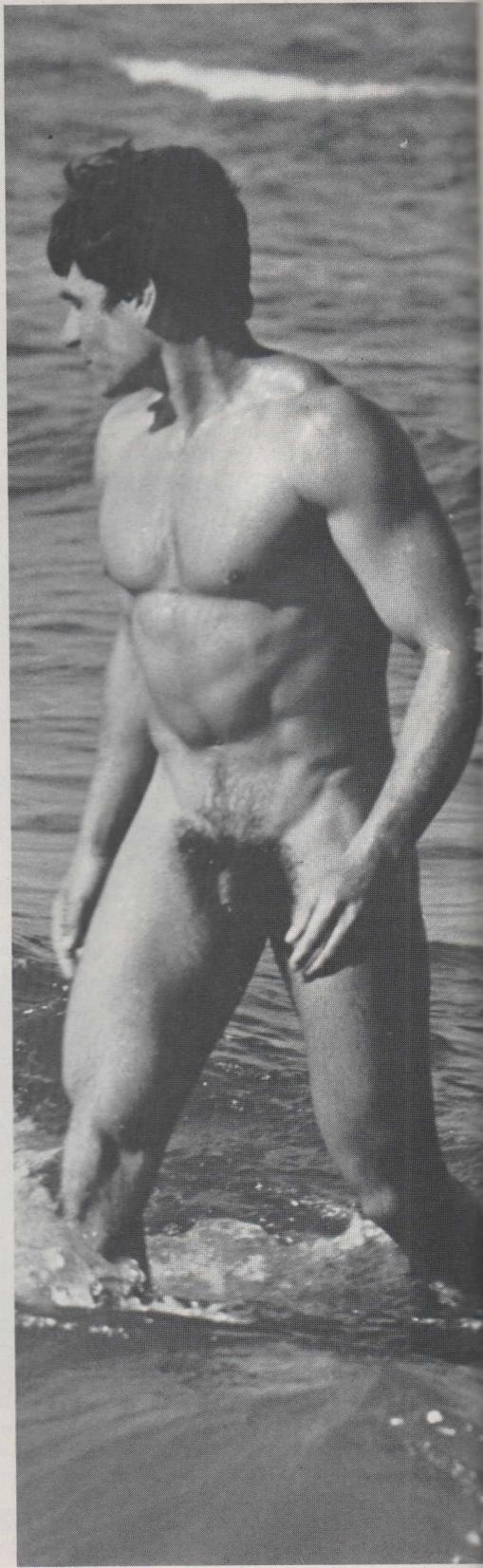
Imagine the surprise of the travellers who are bound for other textile resorts who find themselves for the first time inside a nudist resort. I well remember the fellow in front of me who had been sleeping quietly all the way. He must have opened an eye when the bus stopped and spotted the gorgeous girl passing nearby, perfectly nude and brown as a berry. I've never seen a fellow wake up so fast. He rubber-necked furiously and was still eagerly spotting the nudists as the bus retreated out into the main road again. Such is life.

If you want more information about any of these places you might enquire from your local Yugotours or you could

in the case of Anita and Pinetta write to either at Vrsar, Istria, Yugoslavia.

Now what of Koversada itself. In case you are confused I should explain that it all started on the island of that name which lies a few hundred metres off the mainland. But the resort quickly spread to the mainland right opposite the island, and there it remains having seemingly grown bigger and bigger every year.

The most important thing to remember is that Koversada is mainly, should I say traditionally, a camping and caravanning resort. Perhaps the quickest way to describe the essentials



of the place is to quote from a brochure what they say about themselves.

'Koversada is a naturist village, in fact the most famous naturist resort in Europe where in the mediterranean climate (olive trees, oaks, pines etc.) man can make a real contact with nature.

In these natural surroundings the naturist can choose between villa-bungalows (with half or full pension) or you can rent the same apartments and do your own cooking. The bungalows are designed for 3, 4 and 6 persons. Naturists have at their disposal a modern, well-equipped camp where there is plenty of room. All around are

Even in the sea you should wear something on your feet. Mighty muscles are brought low by just one prickly sea urchin.



Here, on the actual island of Koversada you can spend the day away from the crowds on the mainland.

typical mediterranean trees and the sea is limpid and warm. Altogether it offers a holiday you'll never forget.

In these naturist surroundings you will find a normal restaurant as well as a self-service establishment. Also you will find shops, boutiques, a post office, newspaper stands, a medical centre, and a place where you can buy camping gas. Campers and caravanners can hook up to an electricity supply and they can hire the use of a refrigerator. At the sports centre you have plenty going for you: sailing, water skiing and canoes for instance and ashore there is volley ball, tennis, table tennis, miniature golf etc. Sightseeing trips are organised by the tourist agency Vrsar so you can visit the historic monuments of Istria or even go as far as Dubrovnik or Venice. Thus at Koversada you will find all the comfort and recreation you could want. ENJOY YOURSELF AT KOVERSADA!

After that, what can I say? Well, the resort is arranged so that it follows the coast line. Thus you are always near to the sea. The trees often run right down to the shore line, so if it's too hot you can retire to their shade—and at the height of the season it can be too hot for the visitor from northern Europe. The rocks are sometimes sharp. You must have suit-

able footwear for this as well as for swimming.

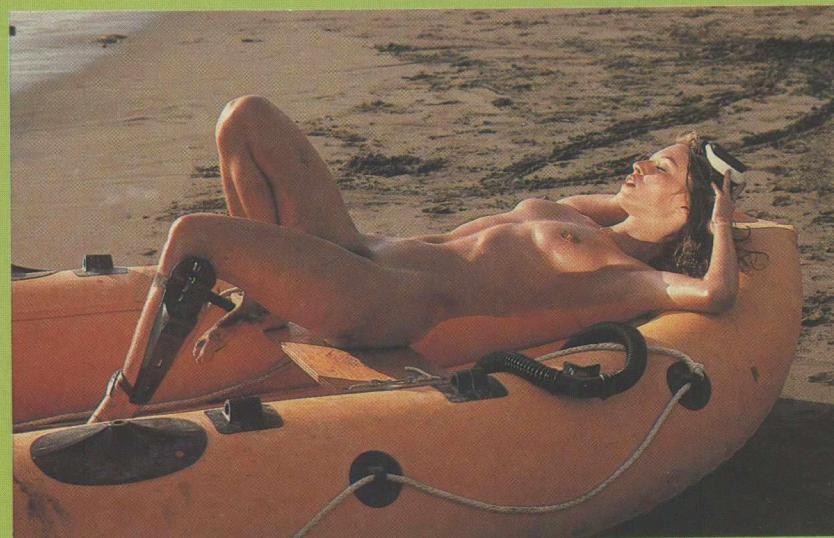
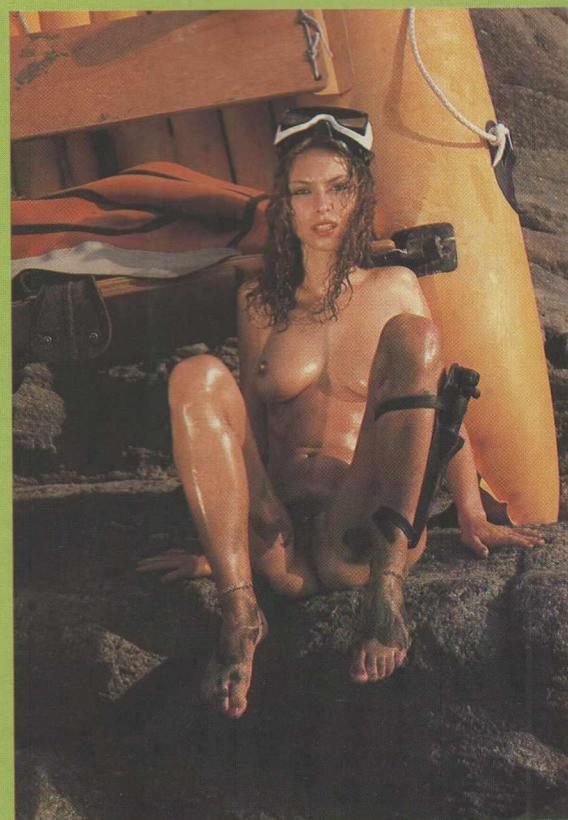
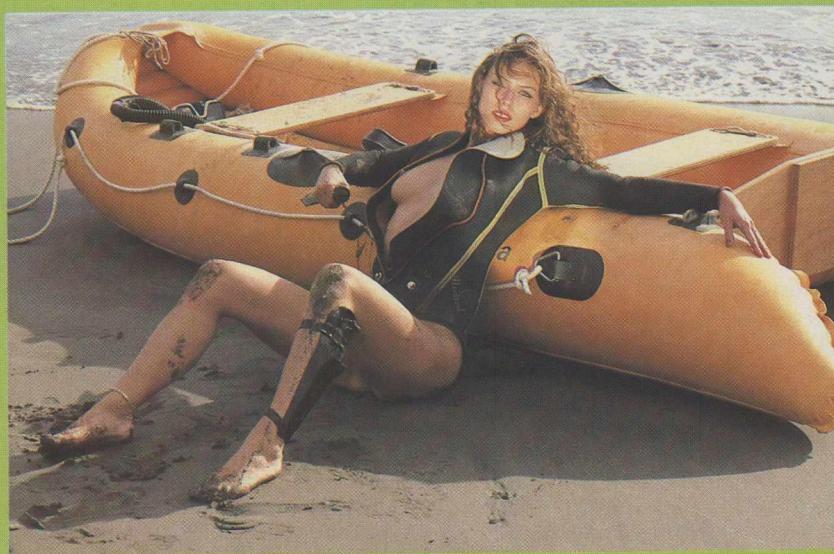
In many places the rocks have been defeated by a coating of smooth cement. This forms delightful little personal sunbathing areas. In one place an artificial sandy area has been formed, no doubt at huge expense. This is largely devoted to various sports, but if you prefer sand for your sunbathing, this is the place for you.

Indeed there is plenty to do in the way of water and other sport. If you can take your own boat do so, it is a paradise for boat owners.

There is a causeway across to the Island. It is still in my opinion the nicest part of the resort. No cars are allowed here. The peace is heavenly. Nearly always there is plenty of space here, for so conditioned are we that few dare to be parted from their cars for even a day. Camp here and you will have the best of Koversada. As well you will have on the Island an excellent and very reasonable restaurant.

I have said enough. Go there and I'm sure you won't be disappointed. Remember, even if you are not a nudist you can still sample Koversada by staying at one of the hotels we have described here outside the camp's gates.

SKIN-DIVING for NATURISTS



Richard Norton, the author of this piece, has seen many divers launching themselves nude from their boats. Here he offers some down-to-earth (or is it down-to-sea) advice to those who want to extend their underwater exploration. Coupled with his own enthusiasm and fascination for the sport, his article highlights the beauty and mystery of life beneath the sea.

We want to add too, that Richard checked the pictures we found to illustrate the piece, and all the equipment shown here is authentic, practical and recommended.

I breathed out.

A shoal of bubbles burst from my mouthpiece and spiralled upwards, a crowd of silver Christmas-tree decorations, breaking and reforming as the pressure decreased nearer the surface.

I lay on my back, some ten metres down on the bottom of the sea, my arms behind my head, off the Italian island of Ponza, not far from Capri. I looked at my watch – half-past eight – and then up at the bottoms of the boats floating at anchor above, the early sun glinting on the hulls. My crew were still asleep but I enjoy an early morning swim, especially under water.

Just then, another body from a different boat broke the surface, and my thoughts were interrupted as I saw the girl dive deep and then, climbing to the sunlit world above, swim strongly away as one always does to get over the first shock of cold water. She, too, was nude as many people are on board boats nowadays in the Mediterranean.

Nude diving is something different, I reflected, as she swam away, leaving me to my sandy bed to think about how best to present an article on diving. Diving for the naturist has obvious attractions as it offers the ultimate in freedom as, unencumbered by clothing, one can glide or hang like a hawk, suspended between surface and the bottom below. You are even freer than a free-fall parachutist whose flight, like that of Icarus, has gravity for its enemy. To really appreciate it you need warm, clear water, not much deeper than

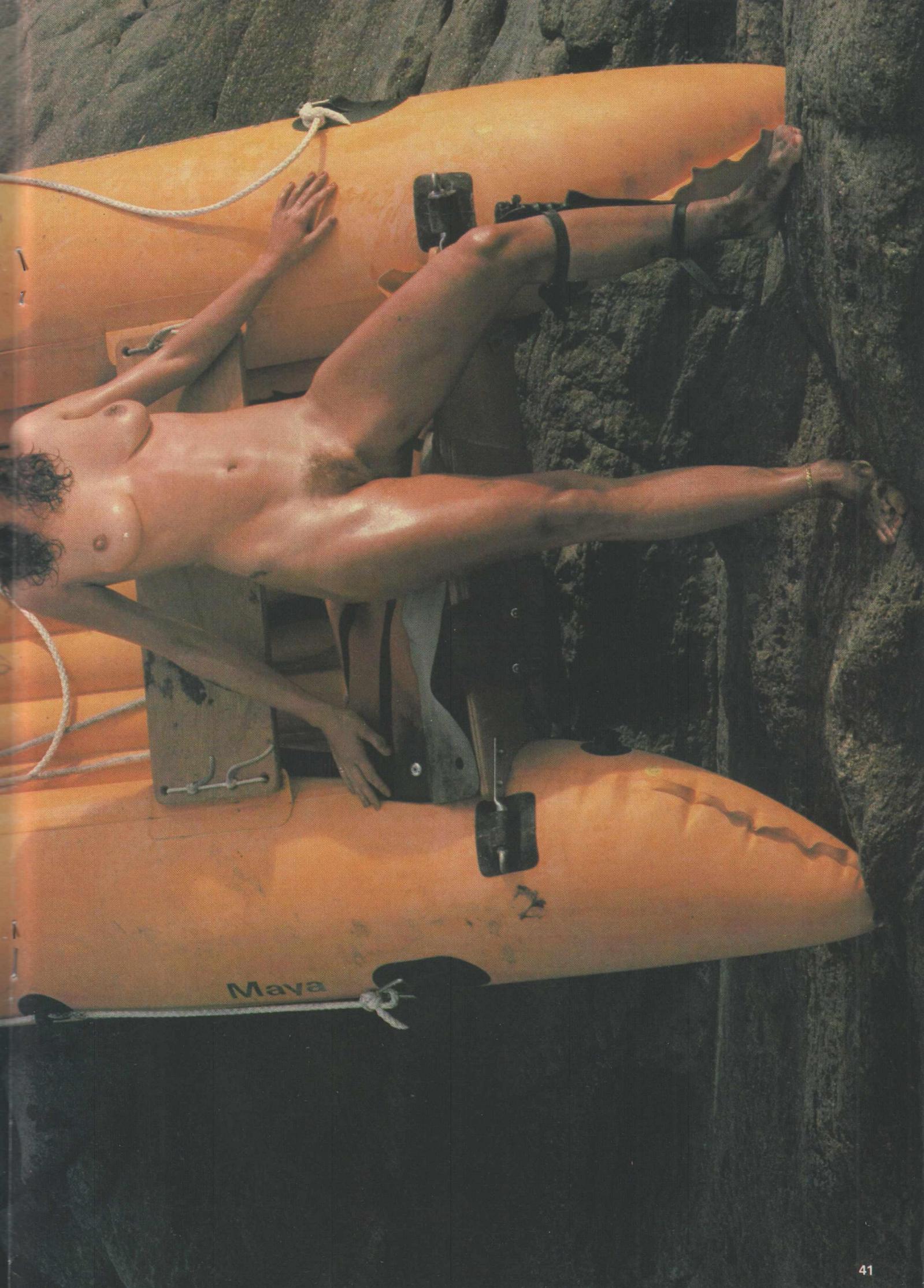
(continued on page 42)



SUMMER

H&E
QUARTERLY





5 metres. Why? Well, if you're a naturist you do not want to go too deep as you will find that below 8–10 metres the water becomes noticeably colder, even colder than the first cold-barrier you pass about 2–3 metres down.

If you feel the difference, so too do the fish and plant life and you find that the greatest variety of flora and fauna is concentrated in the first 15 metres.

After that the effects of heat and light are gradually filtered out, the yellows and reds disappearing first, until at 60 metres you are in a monochrome world. Of course, there is plant and animal life down there but you will only see its colours in the split second of a camera flash, and then only within the narrow compass of the light's range – so, stay at the surface and let the sun do your work.

To appreciate this world, less known than the surface of the moon, you need equipment and knowledge. Basically, diving can be divided into two categories – free and scuba. Free diving means you wear only the basic essentials – fins (or flippers to the uninitiated), mask and snorkel, and maybe a weight belt. I shall deal with each piece of equipment and explain its purpose, but allow me to say that I am only expressing an opinion.

Firstly, mask: this should be a face mask, not goggles, covering eyes and nose. The nose itself should be housed in a rubber covering, not glass, so that you can hold or pinch it. Do not be sold fancy masks with built-in snorkels. When you dive you may have noticed that the pressure on your ear-drums increases the deeper that you go prompting many people to say: 'I can't dive – I have weak ears'. Not true – or rather – not quite.

The pressure on either side of the ear-drum is equalised by the Eustachian tube leading from the back of the throat to your middle ear. Hold your nose and blow – your ears should pop. If you dive without clearing your ears every two metres or so you will feel intense pain and possibly ear damage may result. Hence the need for a mask with a nose piece. Pressure increases by one atmosphere every 10 metres so at 10 metres (33 feet) you will experience twice the pressure at the surface.

You will not feel the effect on your body as mostly the body is incompressible. However, you will find that most



people acquire fabulous figures underwater as the stomach is not incompressible!

You will need a snorkel with which to breathe when cruising on the surface. It is best to buy the simple bent tube variety – do not buy one with a table-tennis ball valve or some such thing. It is something else to go wrong. All you need to do is expel the air in your lungs at the end of your dive and you will clear the tube for your next breath.

Next, fins: do not buy the biggest you can find – you will soon exhaust yourself. Buy a normal size pair – you can always buy a bigger pair later if you feel you need them. As you become proficient enough to need new fins you will probably want to have a weight belt to help you to get down quickly and to offset the built-in buoyancy of a wet suit jacket. Naturally, it does not help you come up again, so you need experience and it will need a quick-release buckle for emergencies. The best advice I can give you is to find a good dive shop which

obviously sells good equipment – avoid shops selling plastic canoes and shrimping nets as well!

'Great' you say 'now how about aqualungs and diving for treasure, or spearfishing for big ones?'

The answer is 'No' for several reasons. Firstly, no amount of reading can teach you how to use an aqualung or scuba (self-contained underwater breathing apparatus) without the vital practice you need to be safe underwater. Nor should you ever scuba dive alone anyway. Secondly, those who have been on holiday in the Mediterranean will know that it is mostly a watery Sahara – hardly anything except sea-urchins. Fishermen, using fine-mesh nets and lamps at night to attract fish are mostly to blame, but pollution and wholesale spear-fishing have put paid to many fish that live along rocky coasts, protected from fishing nets.

Most fish, unless pelagic or deep sea, do not like sandy open shores and bottoms: exceptions, of course are flat fish

and bottom feeders, that move inshore at night. Most fish like reefs and rocks and are highly territorial, spending all their lives in one small area. They will soon get used to you if you are using an aqualung and do not move too much, and it is then easy to shoot them. That is why there are so few large fish along the Mediterranean coasts. It is, therefore most unsporting to spear fish using a scuba – at least a free diver gives them a chance.

France has taken an admirable lead in creating underwater nature reserves, now, so beware of spearfishing in prohibited areas. To avoid an expensive fine, check with the local harbour master – he will have maps to show you of such areas. There are several in Corsica, as well, one off La Chiappa where spearfishing is forbidden, and the coast is patrolled by a speed boat manned by gendarmes. I was diving in this area last year, in the Lavezzi Islands, just off the southern tip of Corsica, with some French naturist divers in just such a reserve and the gendarmes, whilst being very friendly had a check of our equipment to see that we had no spear guns.

We set off in a large rubber Zodiac dinghy with an outboard and found an outlying rock with a sloping side away from the wind on which to base ourselves.

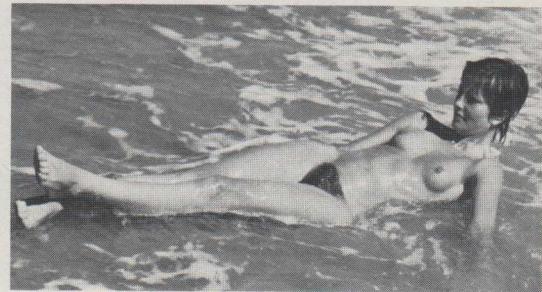
We hauled the dinghy up, put on our wet suits, masks and fins and plunged into the clear water – not a fish to be seen. 'Dive down five metres and look up' said Patrick.

Sure enough, there they were, all sheltering under the rocky overhangs, large fish of three or four kilos looking nervously down at us, flicking round the back of the rocks and nosing cautiously round again to inspect the invaders from above. We took it in turns to dive in pairs whilst the others sat on the rock drying wet suits like rubber cormorants.

Although you may be naturists on the beach or out snorkelling, it is not wise or comfortable to dive for long without wearing a wet-suit jacket at least, as body heat loss during prolonged immersion is considerable, even in the warm Med. In the Baltic or the Channel a wet suit is essential!

It is called a wet suit as the water gets in between the suit and your body and quickly warms up to prevent further

Here is a fascinating and precise guide to all the naturist clubs and free beaches in Holland. If you are contemplating a visit, be sure to keep this issue safe. It may be a long time before you find as good a guide as Gerry Leewes. He knows what he is talking about – he edits their naturist magazine.



THE Dutch clubs form the basis for the Dutch naturism. They cooperate in the Dutch Naturist Federation: NFN. At this moment there are more than twenty clubs, each club with its own naturist grounds, joining the federation.

Some clubs without grounds and some nude-swimming clubs are extraordinary members of the HFN. The clubs have more than 14,000 members now.

The Dutch federation has contacts with national authorities about enforcement of regulations, public naturist beaches, recreation and camping. The NFN publishes a quarterly magazine 'Naturisme' with naturist information about holidays, activities in Holland and abroad and opinion articles by well-known Dutch naturists and writers about naturism.

A unique naturist settlement was built in 1978 in the former IJsselmeer (Zuiderzee) on a new piece of land. It is called Flevo-Natuur. In this new resort you can stay for a short or long time. Flevo-Natuur is situated in the centre of Holland – only 60km from Amsterdam and Utrecht. The Hague and Scheveningen with its beaches for nudists are only 100km away.

Naturists get 300,000m² with all kind of possibilities for recreation and privacy.

In Zuid-Flevoland, 4km from Nijkerk, surrounded by a large wood lies the Hulkensteinse Bos.

A mass of water surrounds Flevo-Natuur. Here you can find under one roof of a swimming pool (25m), sauna, supermarket, restaurant and a community room. Children can enjoy themselves with various animals in the little zoo. For activities there are jeu de boules, volleyball and midget golf.

A pool of 600m area gives children the chance to play with rubberboats or canoes. Bungalows with all comforts can be rented. Naturists can also come just for a (sunny) day to swim or to play. Entry fl. 6. Children up to 3 years free, up to 6 years fl. 4. Organised naturists get a discount. Address: Flevo-Natuur, Wielsweg Zuid-Flevoland, 3861 ZA Nijkerk. Telephone (03241) 237 or 241 (on map 1).

The Clubs

The members of the greatest naturist club in Holland, Zon en Leven, are interested in health aspects of nudism.

The club expects of its members and visitors a rather discriminating view of eating and drinking. In their camps you cannot use alcohol or drugs. The other clubs are more interested in nudist aspect only. Most clubs have their own naturist camp.

Addresses

ZON EN LEVEN, Van Sijpesteijnkade 43, 3521 AJ Utrecht (headquarters) with the camps Appelhof (2), De Scharf (3), De Maat (4), Gravingen (5), De Vier Elementen (6), Starnmeer (7), Berkenwoude (8), Posthoek (9) and Kuikseind (10).

AMSTERDAMSE LICHTBOND, Postbox 6046, 1005 EA Amsterdam with the naturist camp: De Molen (11).

ATHENA (Section West-Brabant), Postbox 225, B-2000 Antwerp, Belgium with the naturist camp: Athena Ossendrecht (12).

ALTANTA, Postbox 2827, 6401 DH Heerlen with the camp: Graetheide (13). DE BIRK, Postbox 350, 3760 AJ Soest with the naturist camp: De Birk (14).

HAAGSE LICHTBOND, Postbox 16160, 2500 BD The Hague with the naturist camp (near Vinkeveen): Wilgenborgh (15).

HELIANTUS, Postbox 163, 5460 AD Veghel with the camp Helianthus (16).

'The members of the greatest naturist club in Holland, Zon en Leven are interested in healthy aspects of nudism.'

HERTOGSTAD, Postbox 248, 5201 AE Den Bosch with the naturist camp Het Vinkel (17).

LOTUS, Postbox 51, 8900 AB Leeuwarden with the camp Kuinderloo (18).

LICHTBOND NOORD, Postbox 394, 9700 AJ Groningen with the naturist camp: De Mierenhoop (19).

MENS EN NATUUR, Postbox 243, 4870 EA Etten-Leur with the naturist camp: Markeplaat (20).

OOST-NEDERLAND, Postbox 82, 7550 AB Hengelo-O with the naturist camp Krösenberg (21).

OSTANA, Postbox 648, 7500 AP Enschede with the naturist camp Ostana (22).

PEELRAND, Postbox 87, 5340 AB Oss with the naturist camp Peelrand (23).

DE VRIJE VOGELS, Postbus 343, 1780 AD Den Helder with the camp Midwoud (24).

ZEELANDIA, Postbox 343, 4330 AH Middelburg with the camp Zeelandia (25).

ZONNELUST, Postbus 1056, 5602 BB Eindhoven with the naturist camp De Vaarselhof (26).

NATURISTENVERENIGING ZUID, Postbox 327, 6400 AH Heerlen with the camp De Waterhoeve (27).

ZUID-HOLLANDSE LICHTBOND, Postbox 599, 3000 AN Rotterdam with the naturist camp De Bessenhof (28).

Young Naturists

Youngsters (from 13 years till about 30 years) are very happy with the JNFN, a group of young naturists, most of them members of one of the naturist clubs in Holland. JNFN organises fun week-ends (and now and then a discussion).

In summer they run camps in Holland and France. Please write for information to: Remco van Blokland, Grondzeiler 79, 1035 AN Amsterdam.

Naturist Beaches In Holland

On the beaches it is important to create a tolerant atmosphere and not to spoil the good name of naturism. In Holland you can expect nudists on many beaches along lakes, rivers and the North Sea.

Below are listed our free beaches.

1. SCHIERMONNIKOOG, between beachpicket 8 and 10; official beach. Near the Prince Bernhardweg you go right on the beach, walk then 20 minutes.

2. AMELAND. On this island you can go nude on the east of the island (not official).

3. TERSCHELLING, on the eastern beach and also on the west beach.

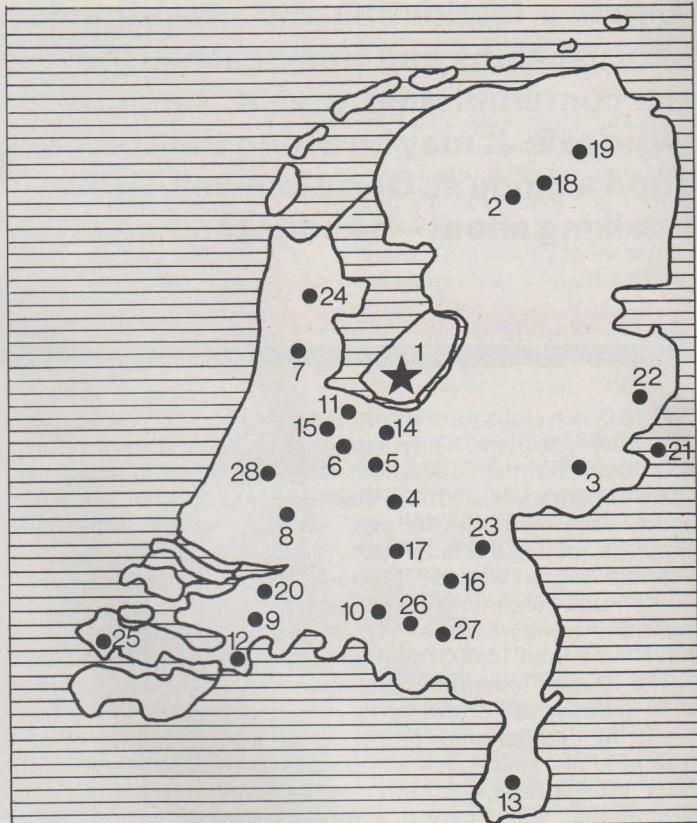
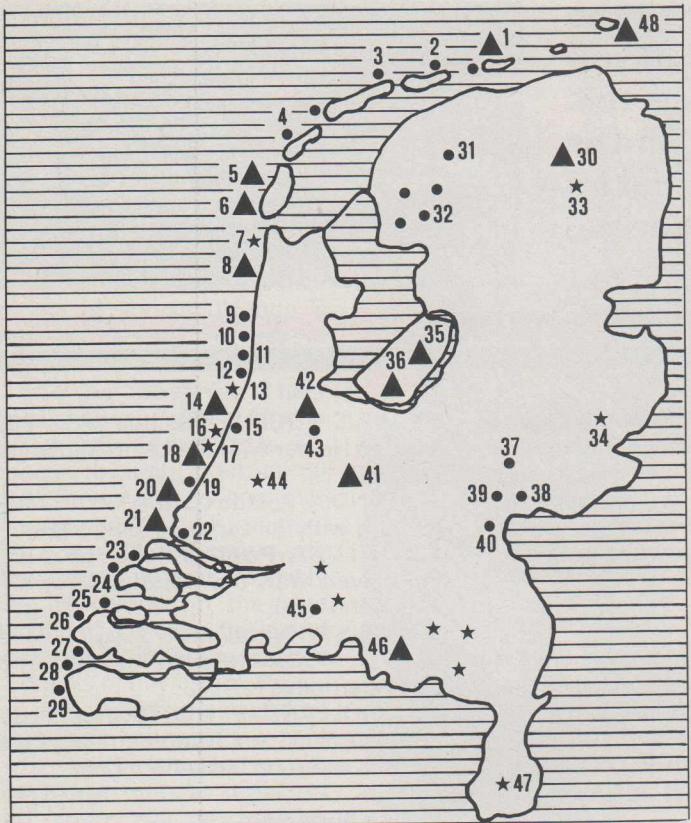
4. VLIELAND, near Camping Stortemelk. When you are going west you will find the beach quieter for sunbathing!

5. TEXEL/DE COCKDORP, between beachpicket 26/4 and 27/4; between De Krim and De Slufter. Official. You can get there from the car park at the end of the Krimsweg (road).

6. TEXEL/DEN HOORN, south from picket 9 near the car-park Hornderslag on the Witteweg (road). Official.

7. DEN HELDER. The authorities still discussing an official nude beach.

8. CALLANTSOOG, the first official nude beach in Holland, almost 600 m between



beachpicket 15.700 and 16.140. From St. Maartenszee about 15 minutes walk north, from Callantsoog half an hour south.

9. BERGEN AAN ZEE. Between Bergen aan Zee and Schoorl between picket 32.4 and 29.5.

10. Between BERGEN AAN ZEE AND EGMOND AAN ZEE, near beachpicket 36. From both villages easy to reach: 25 to 30 minutes. Easy by bus from Alkmaar.

11. Between CASTRICUM AAN ZEE AND HEEMSKERK, near picket 47.

12. Between WIJK AAN ZEE AND HEEMSKERK, between picket 50 and 49; cyclists from Heemskerk, and cardrivers can reach the beach easiest via the northern beach at Wijk aan Zee, but it's half an hour walk!

13. VELSEN does not want a nude beach on its territory. But on the most southern part of the beach you can see nudists.

14. ZANDVOORT, south of 'Paviljoen Zuid', from beachpicket 68.5 there's 2km official nudist beach! All kinds of facilities here. Easy to reach by train, bike and foot; also from Noordwijk by bike.

15. NOORDWIJK.

16. KATWIJK.

17. WASSENAAR, north of the official nudist beach of Scheveningen to the Meijendelse Slag. Watch for the police, sometimes in the morning and the afternoon.

18. SCHEVENINGEN/THE HAGUE, north of the boulevard between picket 97 and 98 500m official beach. Half an hour by foot and about ten minutes by bike from the Zwarde Pad or the watertower. Toilets and a bar. New for 1981 is the beach near Kijkduin from picket 20 to 21. Easy to reach by bus, bike or foot. Parking for cars. Many facilities. Official.

19. Between THE HAGUE AND MONSTER, between picket 108.83 and 109.58.

20. HOOK OF HOLLAND, between picket

116.110 and 116.360. Official. Near Rechtestraat and a little north the Noord-hollandsedijk. By train from the station Hook of Holland 3/4 hour walk. Or take the bus in the direction The Hague, then 20 minutes walk.

21. MAASVLAKTE, 1km long. Official. On the corner near Europaweg near the Mississippiharbour a little north of the car park.

22. OOSTVOORNE, along the Brielse Gat to the north of the peninsula of Voorne nudism can be found. Also on the sea-beach along the Oostvoornse Meer (lake).

23. On the BROUWERSDAM on the sandbank south.

24. Between RENESSE AND HAAMSTEDE, near the Verklikkersdunes.

25. On Noord-Beveland near the VEERSE GATDAM and the Banjaard.

26. Between VROUWENPOLDER AND OOSTKAPELLE, near the camping Oranjezon turn right.

27. VLISSINGEN, on the Nollebeach, in the direction of Dishoek.

28. Between NIEUWVLIET AND CADZAND, on the quiet beach.

29. CADZAND, on the Zwin.

30. GRONINGEN, near the lake of Paterswolde on the southcape of the Hoornseplas. Official.

31. LEEUWARDEN, nudist clubs are trying to get the beach, south-west of the lake De Kleine Wielen (7km east from Leeuwarden) made official.

32. LAKES OF FRIESLAND: on quiet places you can find sunbathers.

33. Near GROLLO near the sandhole De Moere the nudist beach is dangerous. Police difficult.

34. TWENTE. All sunbathers will be tolerated.

35. East FLEVOLAND: The community of Dronten offers the nudists a beach between picket 14 and 14.4 on the Veluwemeer between the restaurant 'De Klink'

and the camping 'Riviera'.

36. South FLEVOLAND; not a nudist beach but a nudist camp for everybody. It is Flevo-Natuur.

37. APELDOORN, near the lake of Bussloo, east of the town of Apeldoorn in the direction of Voorst.

38. DOETINCHEM, southwest along the sandhole between Kilder and Braamt.

40. NIJMEGEN; well known as a nudist beach the Bisonbaai near Ooij, east of Nijmegen.

41. UTRECHT, the lakes of Maarseveen, north of Utrecht, between the Gageldijk and the Westbroekse Binnenweg. Take the back entrance on the northeast side. Official.

39. ARNHEM, east of this town, near Lathum, along the sandhole of Van Maanen, a dangerous sandhole!

42. AMSTERDAM, on the islet in the Slootermeerbad; official.

43. AMSTERDAM, in the Amsterdamse Bos.

44. ZOETERMEER, the recreation area Noord Aa.

45. BREDA, Galderse Meren (lakes). Not official.

46. EINDHOVEN, near Eersel on the lake along highway E-3. On the southern part of the sandlake and the islets beaches. Official.

47. In ZUID-LIMBURG nudists are trying to get beaches.

48. BORKUM; just in Germany. But from Delfzijl you can make a lovely trip to this island. The nudist beach is on the northwest of the island. Easy to walk to from the village.

ALL INFORMATION ABOUT NUDIST BEACHES in Holland is collected by Geert Bovenhuis. Address: Van Sijpesteijnkade 33, 3521 AJ Utrecht. Telephone: (030) 939893.

Gerry Leewes



For games there are jeu de boules, volleyball, minigolf and if you can find one of these, just larking around.

SEPTEMBER in PUNTA SKALA

ONCE again my wife and I were irresistably drawn to the shores of Yugoslavia. This time to a tourist settlement built specially for naturists and reputed to be one of the most modern in Europe - Punta Skala. This roughly translated means 'Top of the stairs'. It is situated on a small bay in the Dalmatian region 12 kilometres west of Zadar at Petrcane and surrounded by pine and cyprus trees on the one side and the clear blue sea of the Adriatic on the other.

Although there is an airport at Zadar, lack of tourist demand for this area meant that our flight was transferred to Split.

You are greeted on arrival at Punta Skala by an iron barrier across the road patrolled by an armed guard! There is a reception here where you book in. The question that comes to mind as you pass the guard is whether you will get out again once they let you in. In reality he is there to ensure that no unauthorised

persons enter. There is also a large supermarket and bar here catering for all your needs. These are outside the resort so clothes must be worn.

Punta Skala consists of an hotel and a host of small bungalows spreading along the coast near the picturesque village of Petrcane. The beach, which is immediately below the hotel, is mainly rocky with man-made sunbathing areas and concrete platforms just offshore.

The small trees which cover the area come down to the coastal path and provide shade for those who need shelter from the sun. Also provided is a small sandy bay which is ideal for those with small children. There is also sand beside the jetty where cruises and water skiing depart.

If you like more privacy then there is ample opportunity as the beach extends northwards for approximately three miles with many inlets. Whether you are staying in the hotel or one of the bungalows it is but a short walk to the sea.

Although in the high season you may consider it necessary to reserve your favourite plot there is always plenty of room for everyone.

Inside the grounds there are shopping facilities including newsagents, a souvenir shop and a small supermarket. They also had sauna and massage. My wife, Sandra, had recently completed a course on Sports Therapy and Massage and we were keen to compare her technique with the masseur there. I booked my session early one morning. However it was as if fate had taken a hand, for later that morning I was struggling to drag a pedalo into the water on a greasy slipway when I twisted my back. My feet were unable to grip the slippery surface whilst I was lifting this machine. The massage session itself was reasonable in price and service. He was a Yugoslav contracted to the Hotel from the local town of Zadar where he serviced the football team. His knowledge of English was limited and revolved around foot-



Trevor Brown, our author, poses for his picture in front of the menu at Punta Skala.

Trevor Brown takes you into Punta Skala – past the armed guard. Here he describes in careful detail what you will find there and what it costs. The resort is only about 10 minutes drive from the famous old town of Zadar. For more information on the resort write to 'Punta Skala', 57231 Petrcane, Zadar, Yugoslavia.



ball. I preferred the administrations of my wife – and so did several other friends we made there. We had regular massage sessions by her around the swimming pool whilst having coffee in the late afternoon – not only topless massage but bottomless too!

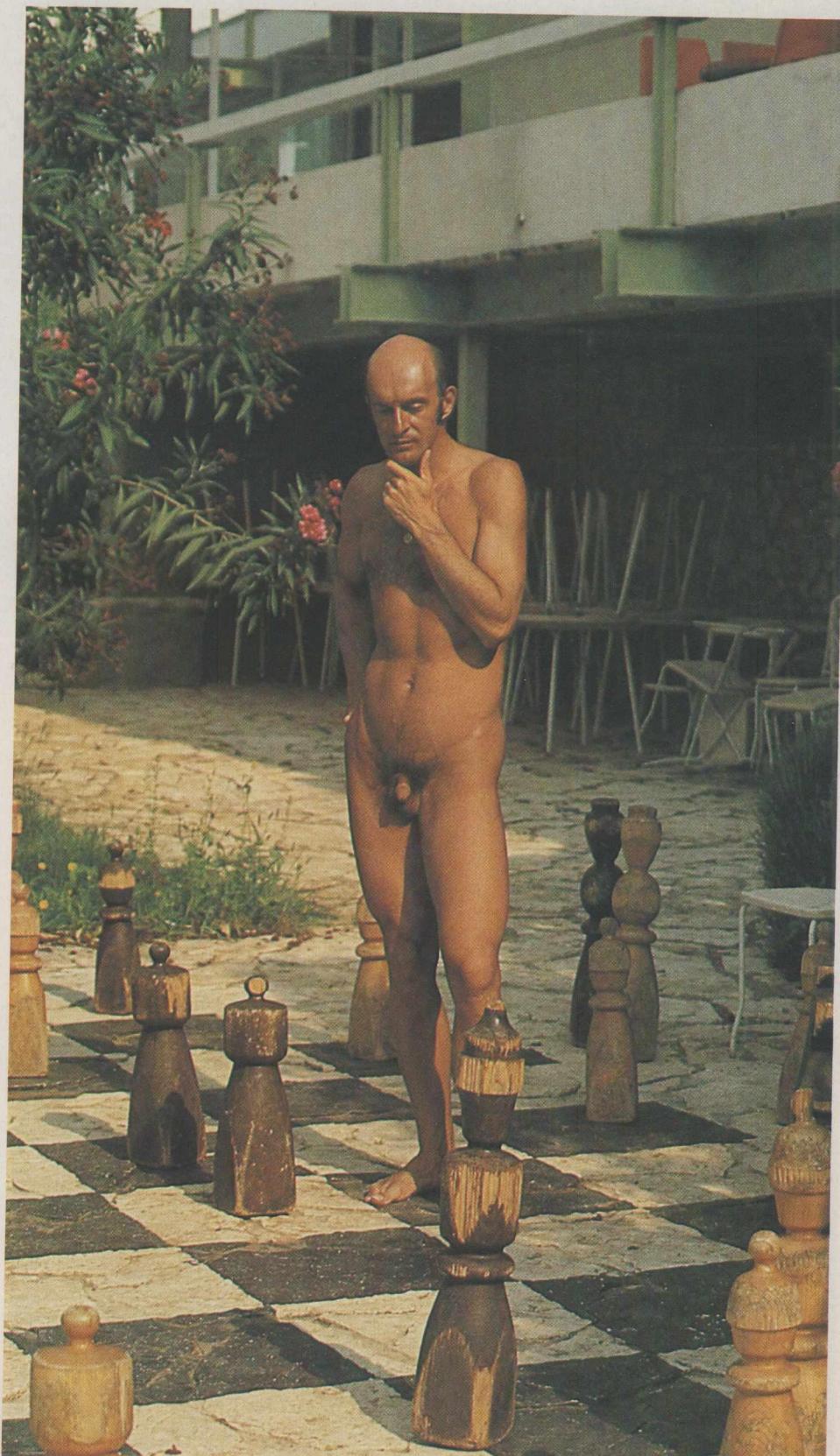
Punta Skala boasts a superb swimming pool with a separate children's section. There is a slide into the pool at the shallow end for the enthusiastic and adventurous. While we were there a bus driver, slightly overweight, made several sorties down the slide causing trepidation amongst his friends as the slide shuddered under the strain. The slide was lubricated by running water from a pipe at the top of the run. Unfortunately on his last run the water had been turned off and although his trip seemed successful his rear end showed otherwise.

The pool sloped down from the shallow end to a maximum depth of two metres. It was cleaned regularly and fed with warmed and filtered sea water – ideal for children or those who did not wish to be troubled by the sea urchins which haunt these shorelines. It is important to remember that the slide is situated at the shallow end. Several people dived in at this end when we were there only to find that they hit their heads on the bottom. It could have resulted in a ruined holiday.

'My wife and I were irresistably drawn to the shores of Yugoslavia.'

Along the coastline there are several beachside grill bars where you can lunch or just spend a quiet time over a cool drink. These bars provide a good selection of meals. Rumpsteak cost 90 dinars, Pork Cutlet 85 dinars, Pljeskavica (Beef burgers) 80 dinars and Raznici 70 dinars. Side Salad was an extra 20 dinars. All good value for money. These bars are open from 7 a.m. to 6 p.m., daily.

For those like ourselves who were on 'full board' the Hotel provided a choice of two menus for lunch and dinner. These are ordered one day in advance and included several national dishes. With the menus written in German and broken English the meals were not always what you expected but were still enjoyable – served by efficient Yugoslavian waiters. Most of the waiters were



Is Trevor contemplating his next move, or is he really the black King?



Young visitor from England enjoying the Yugoslav shore.

reserved but occasionally you would hear the wine waiter burst into song. Perhaps he had had a tipple whilst serving guests or was just happy to see us enjoying ourselves. At meal times in the Hotel or the Bungalow Restaurant clothing must be worn.

Of those on half board, most chose to try the local specialities at the beach bars. They could however decide to have lunch in the Hotel restaurant if they wished to go out in the evening. The village of Petrcane is only a short walk along the road, past the armed guard. If leaving the grounds it was advisable either to take your bedroom key or the pass provided upon arrival. The guard often made spot checks on those entering. There are four fish restaurants in this small village. In all of these the fish is freshly caught and the prices reasonable. A plate full of scampi cost 200 dinars whilst a large bowl of fish soup to serve three (a meal in itself containing a good variety of local fish including squid and scampi) cost less than 200 dinars. Whilst holidaying at Punta Skala a visit to one of these restaurants is a must.

To keep fit during your stay here there are tennis-courts – hiring fee, 50 dinars per hour; open air table tennis at 30 dinars per hour not to mention water skiing, minigolf and bowling. Canoes and pedaloes can be hired at 30 dinars per hour per boat. It is wise to take a towel to sit on and to protect your back when you lean on the hard plastic seats. For those who need comfort and protection on the beach, deck chairs and sun shades can both be hired at 30 dinars each per day.

'... in the grounds a beerkellar, open air dancing . . . and a night club.'

With regard to evening entertainment there is in the grounds a beerkellar, open air dancing on the terrace and a night club. There are no entrance fees payable and there is music to suit nearly all tastes. In the high season a local group play on the terrace each evening except Tuesdays whilst the night club relies on records until 11 p.m. At this time dancing on the terrace finishes and the group move to the night club. For those who wish to continue dancing later into the night or early morning they can go to the night club which remains open until 3 a.m. Towards the end of the season the terrace dancing is suspended and the live group play solely in the night club.

Excursions are available of which two were designed especially for naturists. These are both boat trips. Although Yugoslavia welcomes naturists, can you imagine a bus load of naturists in the all-together travelling by coach to one of the National Parks? In the high season you are assured that the trips would depart on time. However in September the trips could be postponed until there are sufficient people. A notice board near Reception indicated the evening



The above map shows Zadar and its relation to the Istrian peninsula.

before whether the trip was cancelled. If so the word 'Storno' would appear.

The 'Piratenfahrt', a naturist boat trip around the nearer islands included lunch and plenty of drink. The Captain would get most upset if everyone did not drink, enjoy themselves and arrive back in the evening drunk! The other naturist boat trip was to Kornati island to see the famous cliffs rising abruptly out of the sea. Once seen, it was about turn, retracing our steps to a small island for lunch. This gave us an opportunity to swim in an inland salt water lake or sunbathe.

Unfortunately there were textiles at the lake but after a short walk we found a place to undress. Late in the season it is almost impossible for even hardy naturists to sit around the boat without clothes. When we went in September a fur coat would not have come amiss during the early part of the day. Both of these boat outings cost around 470 dinars per person.

The other two excursions were by coach to the National Parks of the Plitvičke lakes and the Krka waterfalls. Both are well worth visiting with some splendid sights for the photographer – a change from bare bottoms and boobs! The cost of these trips was 570 dinars and 470 dinars each respectively.

We both thoroughly enjoyed our first visit to Punta Skala and the freedom which staying in a naturist hotel gave us.

Would we return to this resort – a resounding YES.



Young London Nurse does her own 'jump for joy' at Yugoslav resort. Pictures on these two pages taken by a member of the H & E Leisure Holiday Party last summer.

Holiday Planning with SUNWAY

HAVE you heard? We're going on holiday to Yugoslavia in September. We're going to stay at the Hotel Girandella at Rabac, on the Istrian Peninsula.

We'll all gather there on the evening of Sunday 20th September and decide how we're going to take naturist Yugoslavia by storm! Our first excursion will no doubt be to investigate the two free beaches within a few minutes walk of the hotel. Murray Wren and Susan Mayfield will be there to guide you and enjoy your company.

This holiday has already proved most popular but a few bookings are left. If you haven't yet decided on your

holiday, and fancy coming with us, then don't waste time writing; give us a ring on 01-236 4511 and we'll see if we can fit you in.

Not-so-saucy Sailor

'Can you answer my query with regard to naturist beaches around Britain and Brittany?

Is there any organisation one can join in order to gain access to naturist beaches? During the summer my husband and myself sail at weekends and holidays around our coasts and I would like to take advantage of any such beaches on my own, as my husband prefers to keep dressed and stay aboard our

yacht. Are there any restrictions on "singles" as there are in clubs?

No, of course not. The idea of free beaches is that they are free! Nobody will force you to undress either, and you often see couples where one is naked and the other in their bikini or trunks. So do try to persuade your husband to venture off your yacht and risk meeting naturists!

A complete book of beaches in Europe is available from Phil Vallack, 37 West End, March, Cambridgeshire for £5. Meanwhile, here are directions to Susan Mayfield's favourite beach in Brittany. But she's no idea how you approach it from the sea!

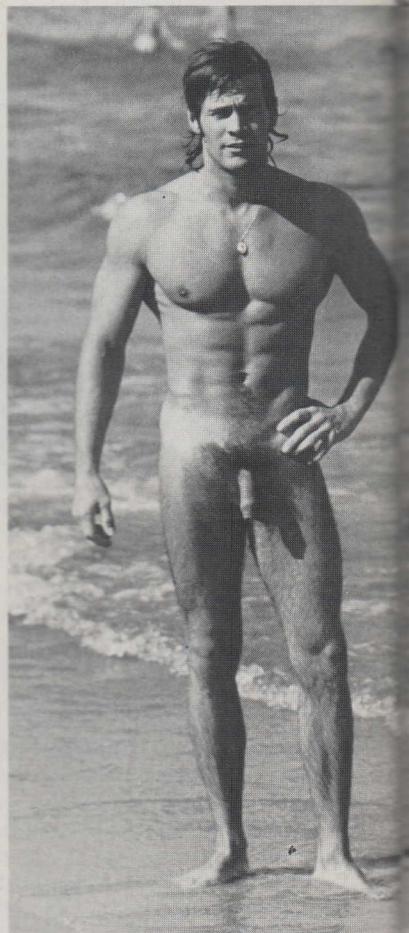
From Poneour-Lanvern, a little town 20km south-west of Quimper, take the D2 out of town and branch off immediately on the D156. Park by the sea and walk south for ten minutes, when you will see the naturists.

Homely holiday

'I am an unmarried mother with a beautiful two-year-old son. Could you give me some advice on a good homely holiday? I prefer to be with older people and families. I am 32 and shamed to say I speak no other languages than English. I would like to go to Cap d'Agde. Would language be a problem? As you can see from my address I live in an out-of-way place so please advise me accordingly. I do hope you can help me - any holiday where there is a nice beach and something for my little boy.'

Because you wish to meet other English people, and because I've no doubt you'll have to think about expense, the solution for you seems to be a coach trip. Most firms pick up from your part of the country and many of them go to Agde.

You may also like to visit La Grande Cosse, a site quite near to Agde but not so sophisticated. Because the fami-



'Dear Sunway, Can you kindly tell me how I can get back to Agde from here?' Write to Sunway - we have most of the answers.

'Dear Sunway, Can you tell us

lies and couples there all get together to provide their own entertainment in the evening, you will be able to take your little boy with you instead of sitting in your apartment with him at night. The only British tour operator to go there is Megermead Travel, 38 Mount Pleasant, London WC1. Tel: 01-278 4196.

Single Men

'I would be grateful if you would let me have details of some naturist holiday places which will accept single men. I have tried to join a club, but received no reply to my letters. I am divorced, and fifty years of age. Now I am on my own, I really want a naturist holiday.'

It's no problem - the tour

Every day we get holiday and travel inquiries in our post. We're flattered that you think us the experts and in truth, we have amassed a complete file of travel information in order to answer your questions as accurately as possible. We like to give you the most practical and impartial information.

So if we can advise you on your holiday or travel arrangements, then drop us a line. Make it easier for our typist by including an envelope addressed to yourself! Write to 'Sunway', Health and Efficiency, 23/24 Smithfield Street, London EC1.



France later this year and a number of sites I have considered stopping at require this card. But you never tell anyone how to get hold of one!

Whoops – sorry!

'INF card' is really a blanket term meaning a membership card of the national naturist organisation of the country to which you belong. English readers must send £5 to the Central Council for British Naturism; they will be made 'Supporter members' and receive a membership card and regular news of British naturism. French naturists must write to the Fédération Française de Naturisme. Both addresses are on our Club Directory page.

Scotland

'My wife and I enjoy swimming on naturist beaches. We prefer this to clubs with all the rules and regulations, which I understand they have.'

I have your map which you produced in *Health and Efficiency* some time ago. You listed a beach on Loch Lomond, Scotland, but I was unable to discover where it was. I was caravanning at the time, and neither the warden of the camp-site, nor the Forestry warden knew where it was either.

I would like a good guide to free beaches, and for this reason was considering purchasing a copy of Phil Vallack's guide. However, before I spend £5, tell me; does the book list official or unofficial beaches? Does it give detailed directions of how to get to all the locations?

Yes. It lists ALL beaches where naturists sunbathe in Europe. Most of them have full instructions to reach them. We recommend the book – obtain it from Phil Vallack, 'Free Sun', 37 West End, March, Cambridgeshire.

The location at Loch Lomond is a naturist club, not a free beach. It's called the Scot-



here to find the pretty girls?

operators who advertise on our pages nearly all take single men. You might have to pay extra if you are not allowed to share, but this applies to the holiday trade generally.

May we recommend that you go to Agde with Emsdale Travel? They will put you in an apartment with other chaps. Their address is; 91/93 Cranbrook Road, Ilford, Essex IG1 4PG, tel; 01-514 0005.

They welcome newcomers and also offer a bargain weekend at Agde for those who want a trial run first!

INF cards

'I would be most grateful if you could tell me how to obtain an INF card. I ask because I will be travelling through

tish Outdoor Club and is situated on an island in the Loch. Write, enclosing stamps, to Scottish Outdoor Club, 'Els-tree', Inchmurrin Island, Bal-maha, Glasgow G63 0JY.

don SW15 (tel 01-788 4372) offer fly/drive holidays to Florida; you drive a luxurious motor-home and visit a choice of naturist sites.

Nearby Beaches

'For a number of years mutual friends and ourselves have enjoyed holidays in Yugoslavia, taking advantage of ordinary hotel accommodation with the facilities of naturist beaches a short distance away.'

However, we would now like to holiday in other areas such as France, Spain, Italy, Corsica etc, where we can perhaps enjoy similar facilities. Can you suggest a venue please?

Yes. Stick to the tried and tested and come with us to Yugoslavia!

France is the only country that can match Yugoslavia for beaches. For hotel details, ring Freeway Holidays on 0533 22591.



'Dear Sunway, Can you tell us somewhere we can get away from the kids for just half an hour?'

DIVERSIONS in the DUNES

LE T us start off with a travel quiz;

1. Where can you take a camel trip across the sand dunes to view the resident and visiting nudists?
2. Where do all the 'Gays' go for their holidays?
3. Where can you buy the cheapest drinks, cigarettes, cameras, electronic gadgets etc.?
4. Where do you get more sun (and less rain) for your Pound, Mark or Franc than anywhere else?
5. Where is the noisiest most frantic place to take a winter holiday?

As my wife Polly and I have just discovered, the answer to all of these questions is the same, the Playa del Ingles/Maspalomas region on the southern tip of the Gran Canaria.

Having read so many times that this area is ideal for a winter nudist holiday, we decided to go last Christmas (1980). After all we hadn't been to that particular island and we felt rather hard up after our exploits of the previous year.

We left Heathrow on the 27th December on an Iberia flight (an experience I would rather forget) and arrived at the Hotel Rey Carlos just as the shops were closing (marvellous how these things work out isn't it?). Due to the design and location of this rather expensive apartment and hotel block it must have the noisiest location in town, especially on the first floor. As one could expect, being a peace loving chap, I'd asked for the top floor! The next day, Sunday, dawned bright, clear, sunny and hot, we found a supermarket open and we began to alter our first impressions of the island.

The tour company representative, predictably, held a 'welcome' meeting that morning. Amongst the items on the agenda was how to avoid the nudists on the beach! Needless to say we decided to follow the reverse of his directions and after lunch found our way to the beach and dunes.

This is quite a sizable area, the sea itself being a long walk. The dunes are not just sand, there are patches of rock, lots of bushes and a few palm trees. As you may anticipate (being a Spanish possession) there is quite a lot of rubbish thrown around. At this time of the year there is a constant rather strong wind and the dunes and bushes make ideal wind breaks. The island is rather dis-

appointing scenically, the landscape is rough and irregular and away from the coast barren and mountainous. Most of the beaches are in the south. Everything seems to be without form or plan, hotels and houses being sited seemingly at random. The natural vegetation could hardly be described as tropical although the gardens can be attractive.

Occasionally the wind direction will change and for a short time you can get comparatively cold weather, rain though is unlikely. In other words, if you only go for a week, you could be unlucky. We, fortunately, were lucky, out of 14 days, 13 were superb with only the first Monday being cold. All other days were sunny with the temperature rising to 40 degrees C. (in the sun) but the evenings were cold at about 15 degrees C.

'... the nude beach . . . totally unsuitable for unaccompanied girls or children.'

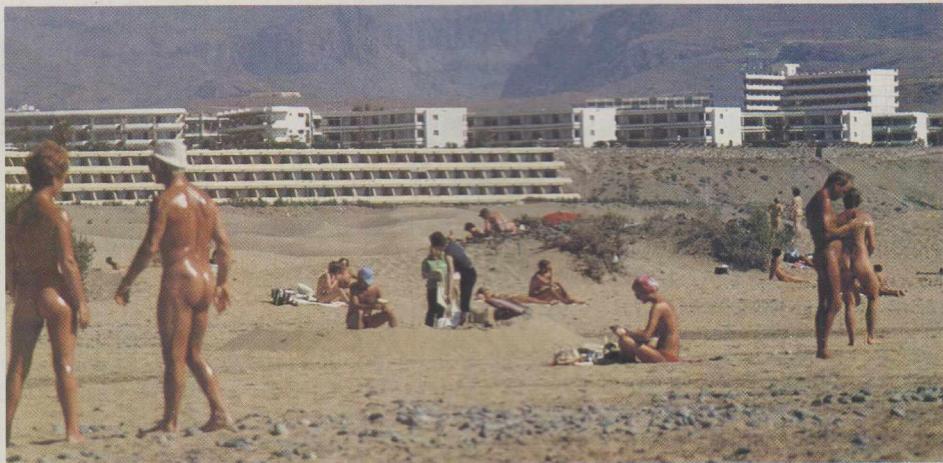
On the cold Monday we went exploring the shops. The main shopping areas are the Kasbah and the Cita commercial centre. These are both extremely complicated market style, maze like complexes. Prices are very low, English cigarettes being 400 pts. for 200 (£2.00) and Spanish better grade brandy can be bought for about £1.00 for a litre. Leather bags and coats, calculators, cameras and the like are cheap but the models

and types tend to be old. It is no good expecting to buy the very latest in electronic technology. Prices vary tremendously and you must be prepared to bargain. For instance I liked a wallet priced at 2700 pts., after a lot of haggling I eventually bought it for 1000 pts. These centres are incredibly noisy, full of pushing, shoving, frenetic shoppers seeking that last minute present. Unfortunately the majority of the Spanish have obviously got bored and tired of the visitors and this shows in their attitude and manners.

I'm not going to tell you how to get there. Most of the tour operators go there and all travel agents will be able to assist you. It would be very difficult to get lower prices by making your own arrangements as one can do with long haul holidays.

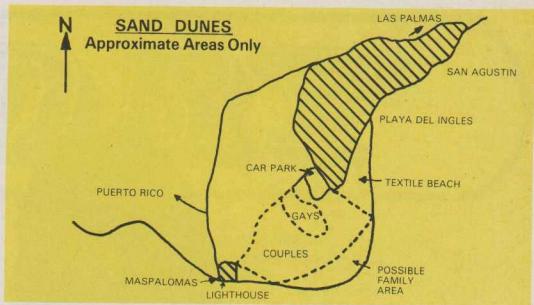
What the brochures will not tell you is about the nude beach. Now I have been to nude beaches in many countries throughout the world but I have never come across anything remotely like this. I think I can only describe it to you, without comment or opinion, then you can make up your own mind as to whether or not it would suit you and whether or not you would want to go. The only judgment I would make is that it is totally unsuitable for unaccompanied girls and for children. I don't think the naturist club member would appreciate it either. The possible exception to this is the area marked on the map.

Let's take a typical day and assume that one is coming from the car park by the Plaza Fuertaventura, firstly you cross



Reader Mr. Webster brought this picture back with him.
As they say, you just cross the road from the Hotel and you are there.

Michael Cox has that free ranging, inquiring attitude which always provides lively stories. His latest concerns his recent, rather astonishing experiences on the southern part of the Gran Canary Island. Some may feel it a little too forthright. But it describes reality; a reality we ignore at our peril.



an area of open undulating sand dunes (this is the area one usually sees in the travel pictures) before coming to bushes and palm trees. In just about every available space in the bushes are 'gays'. You don't need to speculate if they are 'gay', you know this from what they are doing. Ten minutes spent walking in this area and you will see just about everything. Past this region it is more open and here you will find a greater number of couples and single men.

Late afternoon the camel trek winds its ungainly way along the sand and all the nudists of whatever inclination move out of sight. If the trekkers see a nudist they find it hilariously funny. The mentality of such people is surely to be wondered at and pitied, but no one likes to be laughed at. The single men are mainly Spanish, the couples are mostly German or Dutch whereas the gays seem to be from every country in Europe, and I am ashamed to admit it but the majority of the trekkers appear to be English.

Away from the dunes, as is to be expected nowadays, many, many girls were topless. You can see them, from 7 to 70, on the beach, at the side of the pool or on the balcony. Take warning however, it is illegal, (except on the designated nudist section of beach of course). On August 26th 1980 a woman from Holland was arrested by no less than six brave policemen. It seems that a Spanish citizen was upset because Mrs. van Vliet was showing her breasts. He complained.

We had a marvellous holiday in spite of all the problems but if we ever return (or should I say when?) it would not be in high season, because of the crowds. It would not be in mid winter because of the relatively unreliable weather, April or October I think would be ideal. If you wish to sample the dubious delights of the dunes I would recommend either the Hotel Catarina Playa or Hotel Maspalomas Oasis. Both are perfectly located for the dunes. Both are first class hotels with good sized well furnished rooms, adequate facilities and excellent restaurants. Both are expensive, the Maspalomas Oasis being the dearest but its position is much quieter although the Catarina Playa is much more convenient because of the adjacent shopping facilities. The choice is yours.



Yes, it's Polly again, our world wide wanderer.
Does her husband own a travel business we wonder?

CLUB



**So far as we know there are no clubs here at Sylt,
but don't let that stop you from enjoying the bracing north winds!**



But if you want something a little warmer, then why not try the Source St. Pierre Aniane in France?

AUSTRALIA

International Organisation: Australian Nudist Federation, P.O. Box 298, Bendigo, Victoria 3550, S.A.

Yulti-Wirra Club, P.O. Box 7, Meadows, Southern Australia 5201.

BELGIUM

National Organisation: Federation Belge de Naturisme, St. Thomasstraat 24, B-2000 Antwerpen.

De Spar, Volhardingstraat 67, B-2020 Antwerpen.

Helios, P.O. Box 1185, B-1000 Bruxelles. Phoebus, Rue de la Paix 44, Vredesstraat 44, B-1050 Bruxelles.

Club Belvedere, B.P. 15, B-4000 Liege or 33 rue Reine Elisabeth, B-4547 Haccourt.

Le Perron, P.O. Box 169, B-4000 Liege.

Heidegouw, P.O. Box 13, B-3500 Hasselt.

Gravensteen, P.O. Box 245, B-9000 Gent.

Plein-Ciel, c/o Raoul Jouan, rue de la Cite 40, B-4410 Vottem.

BRITAIN

National Organisation: Central Council for British Naturism (CCBN), Orpington, Kent BR5 4ET. Orpington 44689 or 33390.

CLUBS (CCBN members)

Adventurers Sun Club, c/o J. D. Ayto, 110 Birling Road, Snodland, Maidstone, Kent.

Appollo Sun Club, c/o 6 Stoke Manor Close, Seaford, East Sussex BN25 3RE.

The Arcadians, Greenglades, Blind Lane, Billericay, Essex.

Aztecs Recreational and Sun Club, Aztec Sun Park, Crawley, West Sussex.

Badgerwood, Berkshire Sun and Leisure Club, Freepost, Bracknell RG12 1BR.

Blackthorns Sun Club, c/o Ian Slater, 47 Rosamund Road, Bedford.

Bournemouth and District Outdoor Club and Holiday Centre, Matchams Drive, Matchams, Ringwood, Hants.

Brighton Sun Club, Hamshaw, Sloop Lane, Scaynes Hill, Haywards Heath, West Sussex.

Bristol Solarians, Tara, Mapleridge Road, Chipping Sodbury, Bristol.

Broadland Sun Association Ltd., Brickle Road, Upper Stoke Holy Cross, Norwich.

Charnwood Acres Country Club, Markfield Road, Ratby, Leicester.

Far West Sun Club, c/o Dracaena, Sticker, St. Austell, Cornwall.

Gardenia Sun Club, Lye Lane, Bricket Wood, St. Albans, Herts.

Greenacres Club, Cornsay, Durham.

Hastings Sun Club, Hides, Westfield, Hastings, East Sussex.

Invicta Sun Club, The Firs, Forge Lane, Sutton, Dover, Kent.

Lancashire Sun Society, Hazel Grove, Sandy Lane, Rufford, Ormskirk, Lancs.

Larches Sun Club, c/o 13 Holway Avenue, Taunton, Somerset.

Leicester Sun Group, c/o 8 Redruth Close, Coventry.

Liverpool Sun and Air Society, c/o Lillian White, 43 Lyttleton Road, Aigburth, Liverpool L17 0AT.

London Health and Sauna Club, Seymour Hall, Seymour Place, London W1.

Manchester Sun and Air Society, c/o 18 Geneva Drive, Newcastle-under-Lyme, Staffordshire.

New Forest Outdoor Club, North Lodge, Hurn Road, Ringwood, Hants.

Noah's Ark Sun Club, Freepost, Chertsey, Surrey KT16 8BR.

Pendale Sun Club, c/o Keith Mackley, 17 Raynham Crescent, Blackhill, Keighley, West Yorks.

Ribble Valley Sun Club, Briarwood, Ribchester Road, Clayton-le-Dale, Blackburn, Lancs.

Scottish Outdoor Club, 'Elstree', Inchmurrin Island, Balmaha, Glasgow G63 0JY.

Shepleigh Court Naturist Hotel, Blackawton, Totnes, Devon.

South Hants Sun Society, Stockers, North Boarhunt, Fareham, Hants.

South Yorkshire Sun Club, c/o K. Woolley, 10 Grove Hill Road, Doncaster, South Yorkshire.

Springwood Sun Club, Cooks Hall Road, West Berholt, Colchester, Essex.

Surrey Downs Club, Membership Secretary, 80A Brox Road, Ottershaw, Surrey.

Valerian Sun Club, c/o 'Lingwood', 33 Athelrey Road, Shanklin, I.O.W.

White Rose Club, Flaxton, York.

Woodlands Club, Fillongley, Coventry, West Midlands.

Wrekin View Naturist Club, Crin Cottage, Kenston, Market Drayton, Salop.

Yorkshire Sun Society, c/o 50 Wareham Close, Bransholme, Hull HU7 6AY.

RECREATIONAL CHARITY

Naturist Foundation, Naturist Headquarters, Orpington BR5 4ET. Orpington 71200.

Branches (enjoy use of Naturist Foundation Grounds):

Bexley Sun Society
Bromley Sun Society
Croydon Sun Society
North London Sun Society
South London Sun Society

OTHER CLUBS

Chester Naturist Club, c/o 31 Market Street, Hoylake, Wirral, Merseyside.

Eureka Club, Mark Wilson, 50 Marling Way, Gravesend, Kent.

Fiveacres Country Club, Bricket Wood, St. Albans.

Lincolnshire Group of Sun-clubs, Bill Holesworth, 222 Sandringham Road, Cleethorpes. 0472 699721 (includes East Coast Naturist Club, The Lincolnshire Poachers, Victoria Sun Beach Club and The Lincoln Imps).

North Devon Club, Beaworthy, Devonshire.

The Old Smithy, Penyfeidr, Llandeilo, Haverfordwest, Pembrokeshire.

Torbay Sun Club, Avian Nook, 7 Wellesley Road, Torquay, Devon.

OFFICIAL BEACHES

Ardeer Beach, Ayrshire, Scotland. About one mile south of the town's main beach, separated by a promontory.

Cleat Shore, Lagg, Isle of Arran, Scotland. At the southernmost tip of the island.

Fraisthorpe Sands, Bridlington, Yorkshire. Two miles south of main town beach.

Guntown Sands, Lowestoft, Suffolk. One mile north of Lowestoft, off B1385.

Leydsdown East Beach, Isle of Sheppey, Kent. Half a mile to the east of the town.

DIRECTORY

Please take this list as a general guide and write to the National Organisations of the countries concerned for further details of their smaller clubs.

The addresses of the clubs and resorts listed here are their postal addresses for information, not the locations of their grounds.

You may also like to collect our Special Supplements, which are designed to grow into a complete guide to naturist Europe.

Long Rock Beach, Snaefell, Whitstable, Kent. Behind the recreation ground, a mile east of the main town beach.

Fairlight Cove, Hastings, Sussex. A good mile's walk to the east of Hastings.

Brighton, East Beach, Sussex. A short distance to the east of the main town promenade.

National Organisation: The Western Canadian Sunbathing Association, P.O. Box 1113, Calgary, Alberta T2P 2K9.

Toronto Helios Society, RR1 Sharon, Ontario. Tel: (416) 473-2462.

DENMARK

National Organisation: Dansk Naturist Union (DNU), c/o Jonna Sulzbrück, Lundtoftparken 37 st. tv., DK-2800 Lyngby.

FRANCE

National Organisation: Federation Française de Naturisme (FFN), 4 Avenue du Coq, 75009 Paris.

There are so many clubs in France (details from the above) that we are just listing the naturist holiday centres.

Koad-ar-Roche, 56820 Neant-sur-Yvel. La Herpiniere, 49730 Montsoreau. Creuse Nature, Le Cheix, 23600 Boussac-Bourg.

Centre Helio-Marin, 33930 Montalivet. Camp Naturist de Grayan, Euronat. Grayan l'Hôpital 33590.

Club Quercy-Agenais Naturiste, Rene Point, La Tuque, Belaye, 56140 Luzech. Centre Naturiste de Devese, Bernard Lautier, 32380 St. Clar.

Centre Naturiste de Montagne, 'Les Clapières,' 05100 Briancon. Alpes et Soleil, 38650 Sinard.

Domaine Naturiste International 'La Rometas,' Mme Schillemans, 26170 Buis-les-Baïnnes.

Le Haut Chandelalar, Y. and P. Boisgontier, 06850 Brianconnet, St. Auban.

Club du Soleil de Nice-Levens, La Gorghetta, 06720 Levens. Centre de Vacances de la Haute-Garduere, 83830 Callas.

Domaine Naturiste de Belezy, 84410 Bedoin. Plage des Templiers, M. Jacques Guerrier, B.P. 22 Saint Ferreol, 07700 Bourg-Saint-Anne.

Relais de la Conche, Claude et Jeannine Bennetot, Saint Montan, 07220 Viviers. Le Ran du Chabrier, Mme Metge, B.P. no. 1, 30430 Barjac.

Ran du Chateau de Ferreyrolles, 7 rue de la Republique, 30100 Ales. La Genese, Mejannes-le-Clap, 30710 Saint-Jean-de-Maruejols.

Les Bois de la Sabliere, St. Privat-de-Champclos, 30430 Barjac. Centre Helio-Marin, 34300 Agde.

Gymno-club Mediterraneen, Serignan Nature, 34410 Serignan.

Village du Bosc, Octon, 34800 Clermont-l'Hérault.

Camping Saint Pierre, 34150 Gignac. Centre Naturiste de Vacances, Le Fiscalou, Puycelsi 81140, Castelnau de Montmiral.

Centre Helio-Marin, 'La Grande Cosse,' Cabanes de Fleury, 11560 Fleury-d'Aude. Village Ulysse, Port Leucate, 11370.

Village Aphrodite, Port Leucate 11370 Le Clapotis, 11480 La Palme.

Club du Soleil de Perpignan, Dominique Martinez, 'Le Ventous,' 66150 Arles-sur-Tech.

Village Naturiste de Serralongue, 66230 Prats-de-Mollo.

IN CORSICA:
Au Moulin et la Cascade Corse, B.P. 36, 20210 Porto-Vecchio.

La Bagheera, Anga Filippi, La Bagheera, La Guistiniana, 20230 San Nicolao Pietra-Di-Verde.
Le Moulin, 20210 Port-Vecchio.

INDEPENDENT
Amitié-Loisirs, Association Libérale de couples naturistes mariés, B.P. 20, 10101 Romilly-sur-Seine, France.

GERMANY

National Organisation: Deutscher Verband für Freikörperkultur e.V. (DFK), Konigstrasse 22, D-3000 Hanover 1.

We have listed only the larger sites - with room for 100 or more tents/caravans. For further details please write to the DFK, as above.

CLUBS
Familienferienplatz Amrum, 2278

Wittidün/Amrum.
Strand Camping Wallnau, 2000 Hamberg 63, Ovorn Barg 19.

Liga für freie Lebensgestaltung e.V. (DFK), 23 Kiel 1, Postfach 3112.

Eurocamping Zedano, Reinhold Reshoff, 2435 Dahme Nord.

Bund für naturnahe Lebensgestaltung Bremen e.V. (DFK), 2800 Bremen 1, Postfach 106845.

Naturistenbund Wilhelmshaven-Friesland e.V. (DFK), D-2940 Wilhelmshaven 1, Postfach 907.

Sun, Lüneburger Heide e.V. (DFK), D-2120 Lüneburg, Postfach 2641.

Bund für freie Lebensgestaltung e.V. Hanover (DFK), D-3000 Hannover, Yorkstrasse 7.

Bund für freie Lebensgestaltung e.V. (DFK), 33 Braunschweig, Postfach 1812.

Bund für freie Lebensgestaltung Hildesheim e.V. (DFK), D-3200 Hildesheim, Postfach 492.

Liga für freie Lebensgestaltung e.V. (DFK), D-4800 Bielefeld 1, Postfach 5501.

Naturistenbund Rheydt e.V. (DFK), Zederstrasse 19, D-4050 Mönchengladbach.

Orplid. Bund für Freikörperkultur und Familienbund e.V. Darmstadt (DFK), D-6100 Darmstadt-Arheilgen, Weiterstädter Strasse 150, Postfach 110861.

Naturistenbund Trier e.V. (DFK), Christophstrasse 7, D-5500 Trier.

Lichtbund Saar e.V. Saarbrücken (DFK), Postfach 973, D-6600 Saarbrücken.

FKK-Familienportbund Heilbronn e.V. (DFK), 71 Heilbronn Böckingen, Postfach 51.

Lichtbund Karlsruhe e.V. (DFK), D-7500 Karlsruhe 1, Postfach 4103.

Natursportbund Schwäbischer Wald e.V. (DFK), D-7157 Murrhardt-Kirchenkirberg-Feriengelände Schönrain.

Bund für freie Lebensgestaltung Stuttgart e.V. (DFK), D-7000 Stuttgart 1, Postfach 66.

Bfl Sonnenland e.V. (DFK), 78 Freiburg,

Dreikönigstrasse 1.
Drei-Länder-Eck, Postfach 105, D-7808 Waldkirch.
Verein der Saunafreunde e.V. (DFK), D-1000 Berlin 19, Rognitzstrasse 8.

HOLLAND

National Organisation: Nederlandse Federatie van Naturistenverenigingen (NFN), Postbus 564, 25021 CN Den Haag.

IRELAND

There is a naturist group in Belfast, Northern Ireland, and another in Dublin, Irish Republic.
For details write to Irish Naturist Association, P.O. Box 1077, Churchtown, Dublin 14.

ITALY

Two National Associations in Italy. They are:
Associazione Naturista Italiana (ANITA), Via N. Bixio, 32, I-20129 Milano.

Unione Naturisti Italiani (UNI), Castella Postale 185, I-10100 Torino.

NEW ZEALAND

National organisation: New Zealand Nudist Federation, Inc. (NZNF), P.O. Box 1359, Wellington, New Zealand.

NORWAY

National Organisation: Norsk Naturistbund (NNF), Postboks 189 - Sentrum, Oslo 1.

PORTUGAL

National Organisation: Federacao Portuguesa de Naturismo, Praça de São Bento 31, Lisboa 2.

SPAIN

National Organisation: Federacion Espanola de Naturismo, Castel del Rey 99, Apartado 301, Almeria.

Club Catala de Naturisme, Apartat 5326, Barcelona.

SWEDEN

National Organisation: Sveriges Naturist Förbund (SNF), Box 4279, S-20314.

SWITZERLAND

National Organisation: Schweizer Naturisten-Föderation/Fédération Suisse de Naturisme (SNF/FSN), Postfach 41, CH-8152, Glattbrugg (ZH).

USA

Two National Organisations:
American Sunbathing Association, Inc., 810 North Mills Avenue, Orlando/Florida 32803. Tel. (305) 896-8141.
National Nudist Council, R.B.2 Tippecanoe, Ohio 44699, USA.

FREE BEACHES OF EUROPE

For detailed information write to:
Phil Vallack, 37 West End, March, Cambridgeshire PE15 8DN.

FREE PUBLICITY

We are prepared to give your club an illustrated feature in this magazine provided you have reasonable grounds and some facilities to offer future members and/or visitors.

But we do want to photograph your grounds with some members present. We feel that ideally, young couples, perhaps with children, give the best picture of club life.

If you are interested, write now to the Editor, Health & Efficiency, 23/24 Smithfield Street, London E.C.1.



Or if you want to get away from it all, join this sunbather in the French resort of Le Clapotis.

AN ACT OF REAL COURAGE

We are Ans, aged 46 and Gerard, aged 48, van der Kroon. We are Dutch. I was a university-trained sociologist, while Ans was a housewife. In 1968 we became members of the Rotterdam naturist club.

After that the most pleasant things in our lives were the weekend in our caravan on the club grounds and our tent-holidays on naturist sites in the South of France. We just accepted our lives, as everybody does. Office work during most of the year for me, and life as a housewife for Ans – we thought of no other things for we were quite happy.

Then in 1972 a couple in our club – both in their mid-fifties – left Holland with their caravan after having sold everything hoping to find somewhere in France a site to start naturist camping. (A year later they bought 6 hectares in Provence, now known as Val Drôme Soleil.)

This made us think deeply and reflect about our lives. As I said, we were quite happy. We took our life for granted, I had a good income but . . . would we not be more happy if we earned our bread among cheerful people on their holidays?

That same summer we negotiated with a couple who had a property near St. Tropez. They wanted our help because they lacked the money and the health to turn it into naturist camping. But the negotiations failed and in 1973 I took another job.

The years passed by; after each holiday, back in our well-kept house and garden the dream revived. It would take months for it to fade and then we would go about our normal business.

Then one year, contrary to our usual habits, we spent all our holidays at the same site. We made friends with a great many of the club members and in summer 1979 we spoke about our dreams.

They had a friend who was (and is) a real estate agent at St. Hilaire, near Montauban, and he specialises in old houses and farms. He promised us he would look out for a suitable site and would only sell it to us if it was feasible for naturism.

Three months later he wrote to us that he'd found somewhere, and we visited it. The wood was partly hilly, partly flat. In the middle of it was a small brook, and only after heavy winter rainfalls does the brook contain water to the depth of two inches. The brooklet was called 'le ruisseau de Fiscalou' – so we called the ground 'Le Fiscalou'. And we decided

we wanted to buy it.

Without our estate agent friend we would probably have failed. It all proved to be more difficult than we had dreamed of. We spoke French well enough for holidays, but not for business dealings, and many French officials prefer a personal approach instead of writing or receiving letters. The French administration is quite different from that in Holland.

Meantime, we took the necessary steps to sell our house and furniture. We had quite a collection of antiques, that we bought not for their investment value, but because they pleased us. We were happy to see these go to our best friends and family. But it was hard to take leave of these things. For nearly a month we lived in practically an empty house before we left for France on January 3rd, 1980.

Our Simca and our small Mercedes van were loaded to the top with the things we couldn't, or wouldn't, sell. On leaving day I wanted to spend just one



How is this for a dream. Would you have the courage to make it come true?



more night in the house . . . but the new owners arrived and we were forced to leave.

At eight o'clock that night we passed the French border and at two o'clock we arrived at Montauban where we had rented an apartment. On March 18th, 1980, we bought Le Fiscalou.

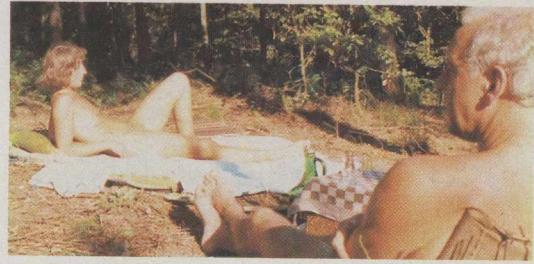
It was a dense wood, untouched by human hand for more than twenty years. We had to fight our way through blackberry bushes, wild roses, and deep heather to re-find the paths that served the owner, so long ago, to cut his wood. The trees are mixed – pine, chestnut, oak, poplar, birch and mountain-ash, with quite a lot of rare plants.

We have cleared 4 of the 13 hectares by cutting down some of the bushes and small trees to create camping-plots and recreation grounds. But wherever possible we have left the wood in its original wild state. Not one fully-grown tree (some of them are 30 metres or more high) nor one rare plant was cut.

A year later we are happy we've changed our lives; but winter of 1980

Who amongst us has not dreamed of having his very own naturist paradise? Yet Gerard van der Kroon is a naturist who had the guts and determination to make his dream reality. He and his wife Ans sold nearly everything they possessed to buy a piece of land in the south of France and turn it into their heart's desire.

The story of the difficulties they overcame is daunting – yet moving. Now the van der Kroons live at Le Fiscalou, in the heart of one of France's most beautiful regions. Here's Gerard's story of how it all happened.



Ans and Gerard van der Kroon look over their new property.



It was hard to leave Holland and home.

To give your life to naturism is easier said than done.

was hard! For three months it was practically impossible to work on Le Fiscalou. Like other city people, we were used to a warm and comfortable life. Old French houses are not even equipped for a moderate winter!

We had thought of earning our living among cheerful people – but the holiday season is only three months long. Although our French is improved, we are still not able to express our deepest feelings as we can in Dutch; and during the winter we often had a feeling of loneliness.

We had a lot to learn about running our own business, not to mention all the French legislation, from social security to taxes. Bankers are not very keen to lend and you sometimes have to raise money by your own means. You must do as much work as you possibly can by your own hands if your savings are not to disappear paying hired help.

So we are a little delayed in our programme, but we are still offering our

guests what we most sought for ourselves during 12 years of naturism. It will be no big stuff when we open in summer 1981; just a nice friendly atmosphere, plenty of space, a clean and modern sanitary unit and the relaxation of drinking and chatting with other naturists.

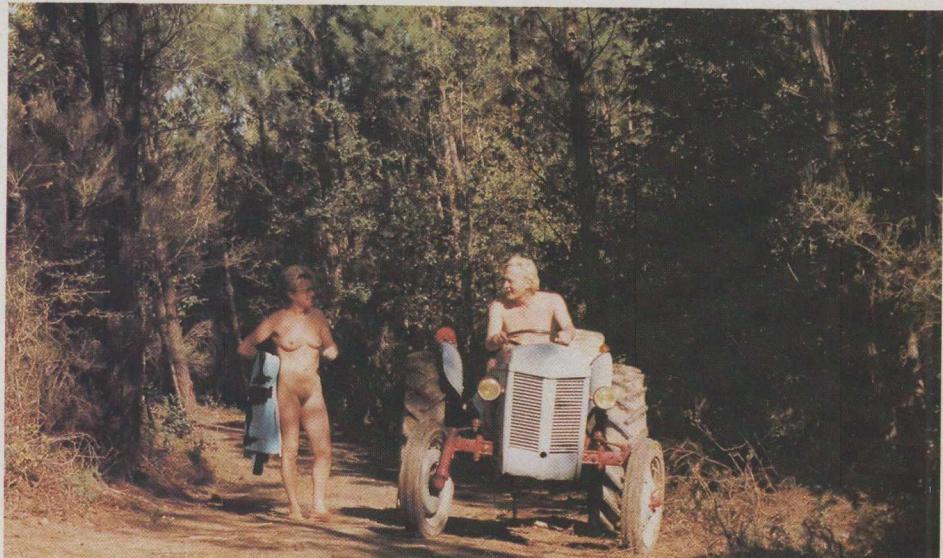
We have built everything with our own hands. This takes time. So we have postponed our intentions to build a swimming-pool and a little shop – though shopping outside is no problem.

We also hope to offer playgrounds for adults and children, including a children's pool. There is plenty of space to get tanned in full sun; but also plenty of shade. Le Fiscalou has a climate all its own; full sun is supportable at 35°C and more, but it is still warm at 16°C. Contradictory but true!

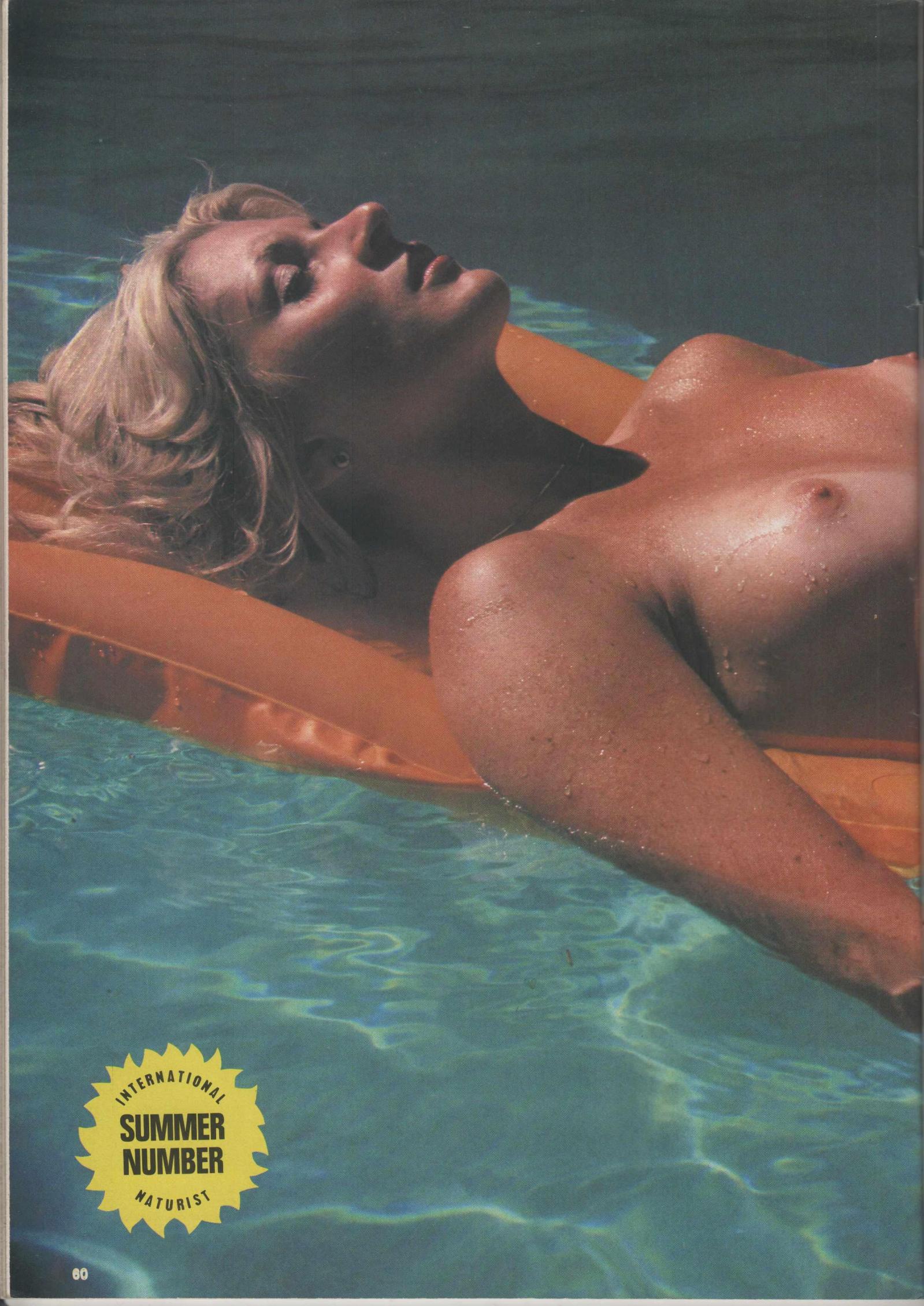
Last summer we were visited by many friends; they came for a curious look and stayed for two weeks. They enjoyed walking nude in the woods for two hours or more and the utmost tranquillity of the site. During the night no outside noises are heard, only the noises of nature itself.

The surrounding region is very attractive. Nearly every town has good restaurants where the people like to eat only good quality at low prices. The wine of the region – Gaillac – is also good and low-priced.

We hope family naturists will visit us. We speak English, French and German. Our Dutch visitors have already called Le Fiscalou a real paradise. Our address is: Le Fiscalou, Puycelsi 81140, Castelnan-de-Montmiral, France.



**'We hope you will come and see us at our new home in the south of France.'
Its called Le Fiscalou. Address at the end of the article.**

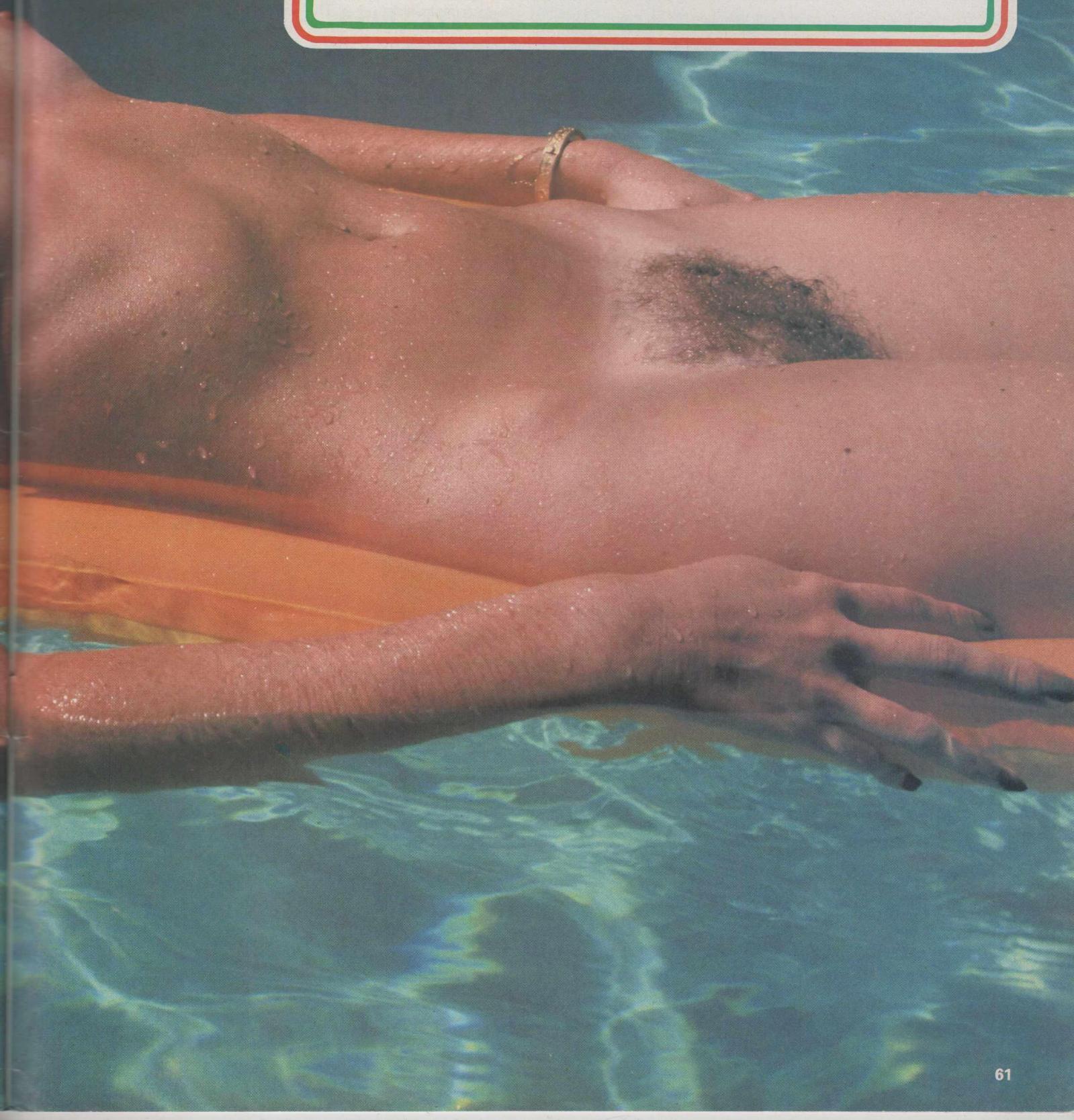


INTERNATIONAL
**SUMMER
NUMBER**
NATURIST

BARE YOUR SKIN AND ENJOY YOURSELF

That is the slogan of the naturists who read our Quarterly. They know how to revel in the freedom of a sunny life without clothes. Part of the pleasure of that life is dipping into the Quarterly for stories about glorious beaches, exotic holiday spots, nude leisure and relaxation.

Think about us throughout the summer months. Look out for our next issue on the bookstalls next September.



WALK GOOD in JAMAICA

JAMAICA is many things to many people. Teenagers may think of the island as being the home of reggae and ska music which has given birth to a great following over the last decade. Or your mind may evoke images of ghetto violence, poverty or political struggles, which are all aspects of life in parts of Jamaica which needn't concern the visitor.

Despite its problems, Jamaica is still the tropical paradise you visit in your dreams. It is still the relaxed playground where you can feel free to let yourself go and release the tensions of Western living.

The first lesson to learn is to *slow down*. Rushing about being businesslike

and efficient will leave you exhausted and frustrated. With temperatures frequently over 80°F (27°C), your system just can't take it.

Once you start to ease back into the Jamaican rhythm of life, and cast aside any reserve, you will begin to appreciate what this little Caribbean island has to offer.

You'll probably land in Montego Bay, one time tourist-centre of Jamaica. Although the downtown area is now overrun by bustle and confusion, the surrounding hotels, villas and apartments provide havens where you can play a leisurely round of golf, take a trip over the coral in a glass-bottom boat, or stretch out on the beach for an all-over

tan.

Hotel prices vary from £40 (summer) £65 (winter) for a single room at the Half Moon Hotel, to around £5.50 at Ocean View Hotel.

The best known beach is Doctor's Cave, but it's more fun to hire a car from Hertz, Avis, Martins or National, and find your own favourite spots. But be warned, Jamaicans make full use of the roads — and fast!

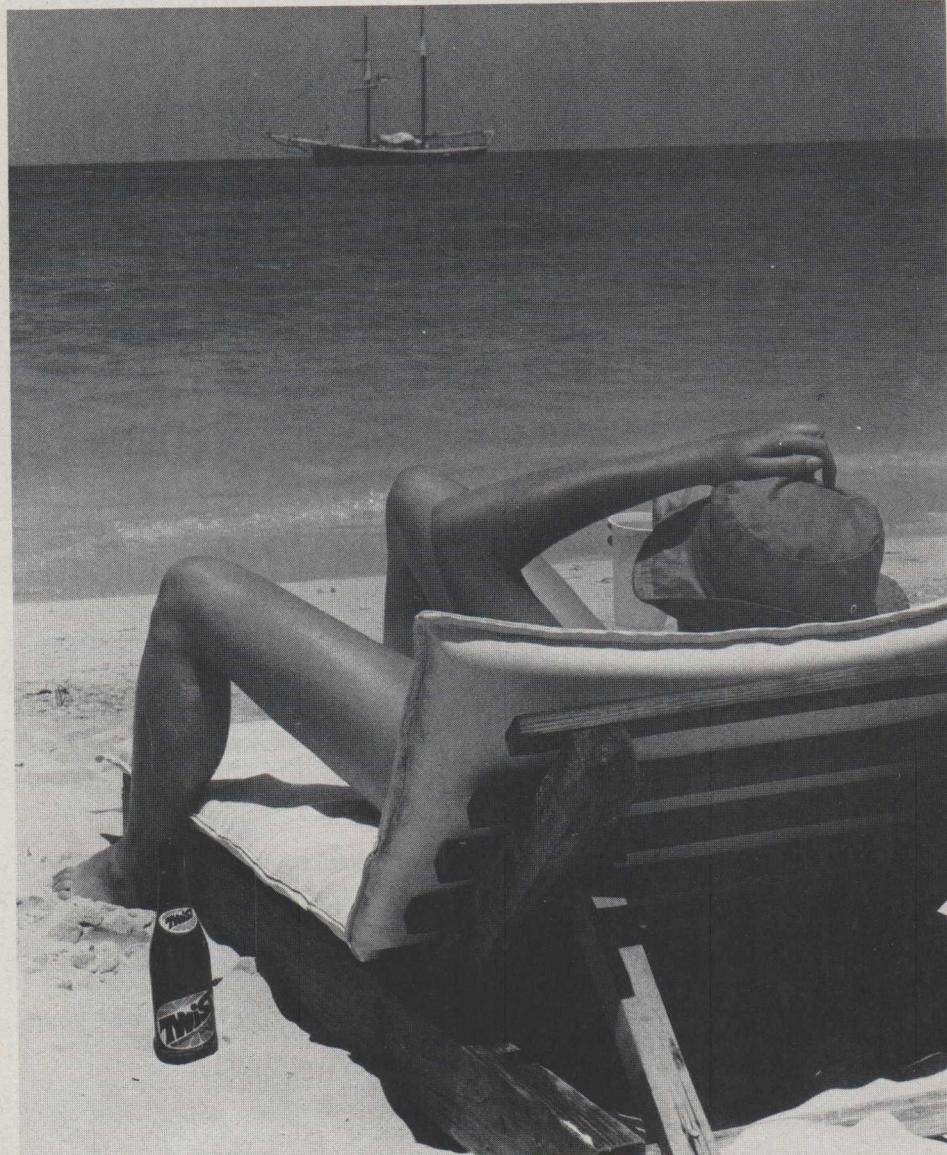
An alternative is to take a taxi which can work out expensive, or brave the local minibuses which shuttle people all over the island.

Climate is warm all year and there's little call for more than a few light cotton clothes, sunglasses, swimsuit and a towel. Winter evenings may drop to 65–70°F when a light cardigan might be welcome. Suntan lotion is a must, especially if you have a tendency to burn. It's so easy to lie back for hours, dreaming in tune with the waves and gentle sea breezes, without realising the power of the sun.

Mosquito bites can be irritating, though malaria no longer exists in Jamaica. Take a good repellent, and soothing cream such as Anthisan.

The craft market is a good place to buy basket-ware and carvings or other souvenirs, but don't accept the first price you are quoted.

Montego Bay is a good base for a trip



'Despite its problems, Jamaica is still the tropical paradise you visit in your dreams ...'



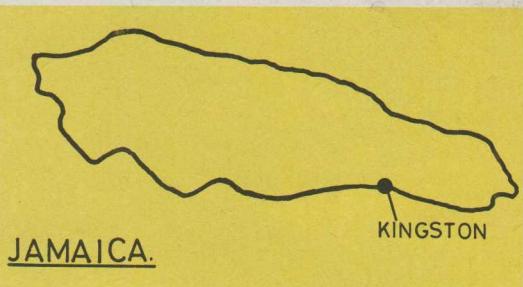
RUN BY NATURISTS - FOR NATURISTS

EMSDA

Holidays at glorious

ribbean
s article
erything
e to stay,

advises.
ck again.



ON

WE STILL HAVE
APARTMENTS

EVEN IF YOUR HOLIDAY DREAMS
YOU NEVER

A FULL 2 WEEKS
(Luxury Condo)

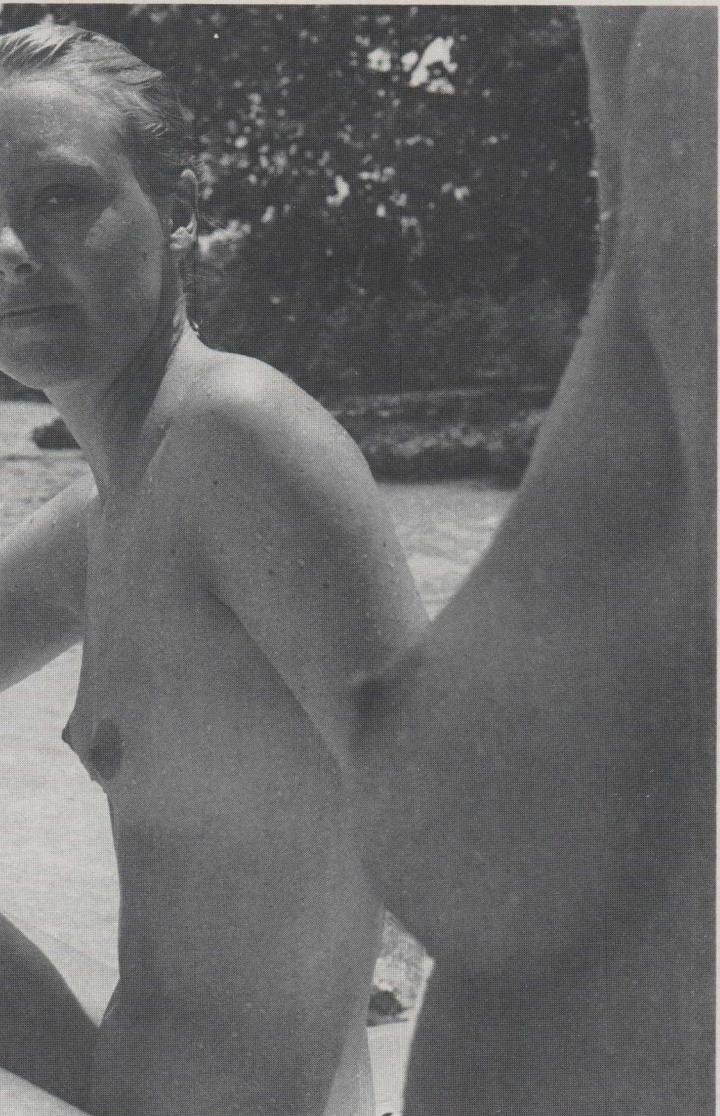
EXPERIENCE THAT PRIVILEGE
AT THE NATURIST'S PARADISE
THIS MAGAZINE AND OUR

Genuine first timers & singles
Day & night activities for all

FOR COLOUR BROCHURE



EMSDALE TRAVEL LTD., 9
IG1 4PG Tel: 01-514 0005 [24]



EL N

orts of Club Med type Negril Beach Village and Coconut Cove where you pay from around £200 a week, to the numerous individual self-catering cottages nestling in the trees which fringe the beach.

To sample local dishes, drop by at the Chicken Lavish or Peewees for lobster,



'Negril is my favourite spot. 50 miles from Montego Bay, it is Jamaica's youngest resort.'
And some would say its most unusual.

curried goat, chicken, rice and peas or ackee and saltfish for just £4 or £5.

Ocho Rios, in the middle of the North Coast has 19 hotels. Mallards Beach Hyatt and Intercontinental are both on the sea front and cost £25 (summer) and £35 (winter) for a single room.

Close by, Dunn's River Falls cascade down onto a beautiful beach where 'Cook Outs' are held every week with roast suckling pig topping the menu. Or try the spicy Jerk Pork sold by the roadside.

Ocho Rios has been carefully planned as a tourist resort and offers the visitor a wide range of activities - besides the beach!

Once you've been in Jamaica for a few days, and have come to terms with the

ways of its climate and people, you'll want to extend your holiday by at least a fortnight. The natural charm of the place seeps into your blood and will always call you back for more than just sun and sea.

British Airways and Air Jamaica fly direct to Jamaica and the trip takes about 10 hours. An Apex ticket costs around £376 (low season - Jan to June), and an excursion fare begins at £563.

Several tour operators, such as Thompsons and Sunshine Adventure organise all-in holidays from around £400 for two weeks.

Further information from the Jamaica Tourist Board, 50 St James St, London SW1.



H&E

ve you exhausted temperatures frequenting 27°C), your system

ease back into the life, and cast aside begin to appreciate bean island has to

d in Montego Bay, centre of Jamaica. own area is now and confusion, the villas and apartments where you can d of golf, take a trip miss-bottom boat, or beach for an all-over

tan.

Hotel prices vary from £40 (summer) £65 (winter) for a single room at the Half Moon Hotel, to around £5.50 at Ocean View Hotel.

The best known beach is Doctor's Cave, but it's more fun to hire a car from Hertz, Avis, Martins or National, and find your own favourite spots. But be warned, Jamaicans make full use of the roads – and fast!

An alternative is to take a taxi which can work out expensive, or brave the local minibuses which shuttle people all over the island.

Climate is warm all year and there's little call for more than a few light cotton clothes, sunglasses, swimsuit and a towel. Winter evenings may drop to 65–70°F when a light cardigan might be welcome. Suntan lotion is a must, especially if you have a tendency to burn. It's so easy to lie back for hours, dreaming in tune with the waves and gentle sea breezes, without realising the power of the sun.

Mosquito bites can be irritating,



HAVE SOME MORE

We hope you have enjoyed this Quarterly issue of H & E. But do you know that we have a monthly issue also? And that it is crammed with good things. News of the movement, features, great photography of genuine nudists in club and holiday surroundings. We even give away quite a lot of money every month! All we ask is for you to let us see the naturist pictures you took on your last holiday or at your club.

In the monthly we cover the world of naturism. Whether it's in Europe, the Americas or even further afield. We have readers in every civilised country in the world. The H & E Monthly provides them all with a common meeting point. Wouldn't you like to join them?

RUN BY NATURISTS - FOR NATURISTS

EMSDALE

Holidays at glorious CAP D'AGDE

FRENCH
MEDITERRANEAN

MYRA; EDDIE, HELEN, BARRY,
JENNETTE AND JEAN-LUC (THE TEAM)
WISH TO THANK ALL H & E READERS FOR THE
PROLIFIC RESPONSE TO PAST ADVERTISEMENTS.

IF YOU ARE A NEW READER OR HAVE NOT YET DECIDED
ON YOUR 1981 HOLIDAY THEN WE WOULD LIKE TO HEAR FROM YOU...

WE STILL HAVE BOOKING AVAILABILITY IN SUPERIOR
APARTMENTS NEAR THE SILKY-SAND PRIVATE BEACH.

EVEN IF YOUR HOLIDAY DATE IS QUITE CLOSE PHONE US NOW...
YOU NEVER KNOW YOUR LUCK!!!

A FULL 2 WEEKS STAY FROM £114 incl. TRAVEL
(Luxury Coach, Flight or Self-Drive).

EXPERIENCE THAT PRIVILEGED FREEDOM & RELAXATION WITH US
AT THE NATURIST'S PARADISE SO FREQUENTLY FEATURED IN
THIS MAGAZINE AND ON A SPECIAL BBC TV PROGRAMME



Genuine first timers & singles welcome — reduction for children
Day & night activities for all — Beach Parties etc., Courier service.

FOR COLOUR BROCHURE PHONE, WRITE OR CALL:

EMSDALE TRAVEL LTD., 91-93 CRANBROOK ROAD, ILFORD, ESSEX
IG14PG Tel: 01-514 0005 [24 hours] Please mention H & E

El Naturismo

COSTA DEL SOL - MARBELLA - ESTEPONA.
Sun apartments from approx £15,000 or Time
Share - Co-partnership for life from approx £1,500.



The first authorized Naturist development in
Spain alongside the Mediterranean.
Individual unit apartments each with private
sun terrace. Units for two to six persons. Fully
furnished. Naturist beach, tennis courts,
three pools (one Olympic), beach club,
shopping centre, etc., with guarantees.

Under supervision of Ass. Nat. Andulicia,
and confirmed by the Ind. Fed. of Nats.



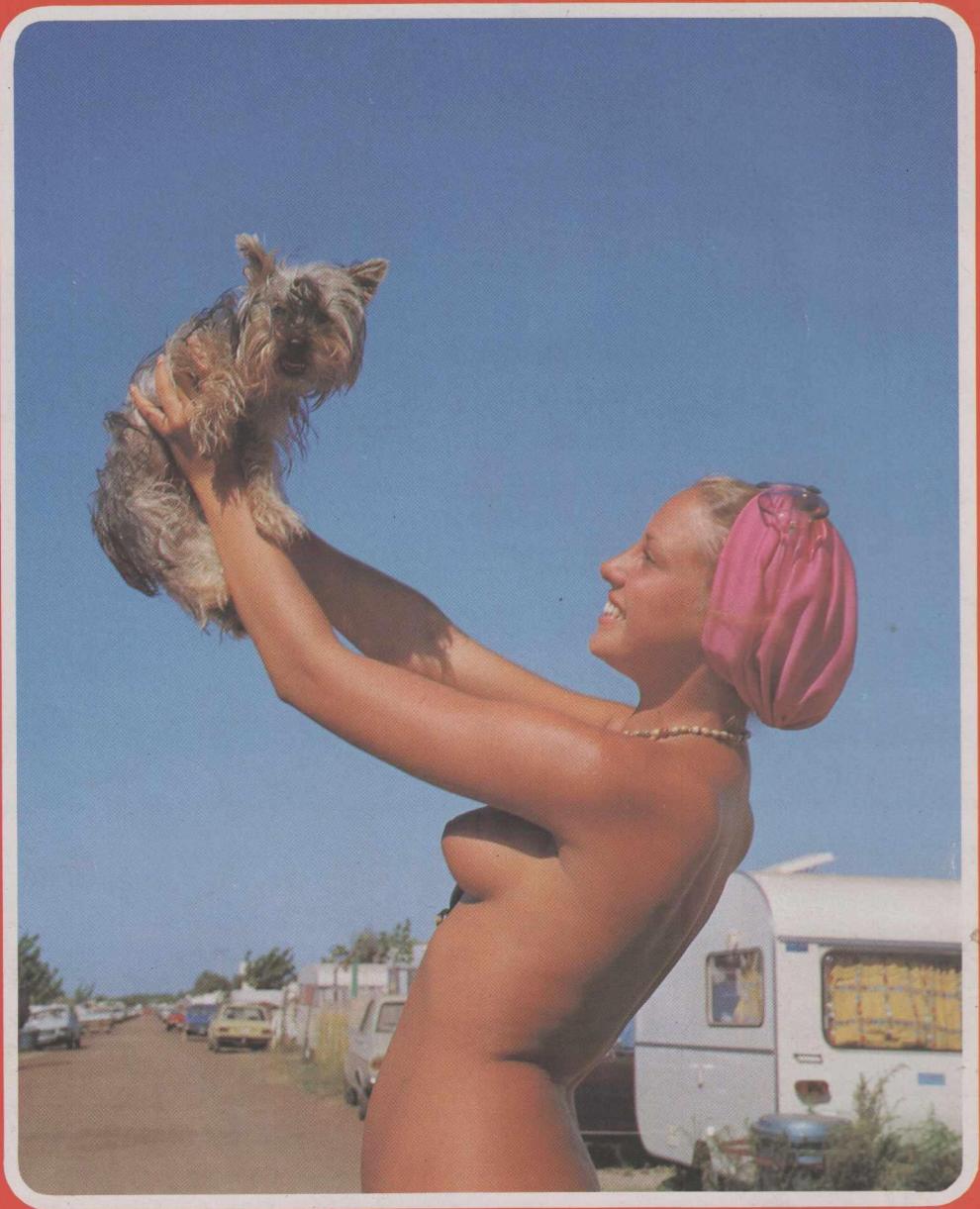
MICHAEL HENRY ESTATES (INT.) LTD.

20 The High Parade, Streatham High Rd, London SW16. Tel. 01-769 4530/3847

Name _____

Address _____

HE3



Health & Efficiency
The World's Leading
Naturist Magazine